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Iowa State Daily

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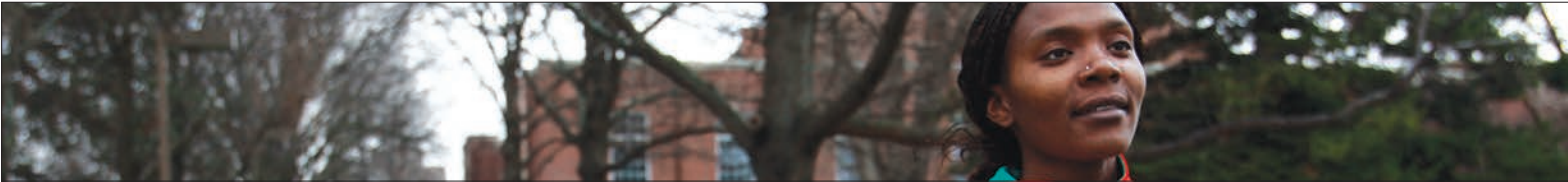
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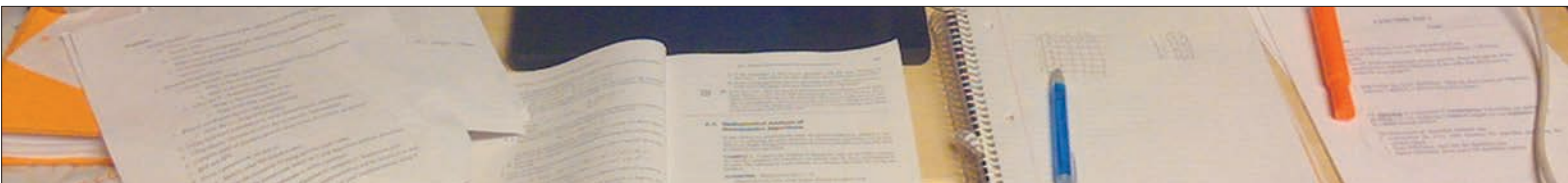
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PERIODICALS POSTAGE

Holidays

ISU students decorate the Knoll

By Lissandra.Villa
@iowastatedaily.com

The residence of the university president, the Knoll, has a history extending back more than a century, to when the concept of an on-campus home for the leader of the school was first conceived.

The Knoll has undergone a lot of changes since then, usually between presidents. These changes and the building's history are currently being complemented by festive decorations.

"It was interesting to see the history of the building. They have this panel of pictures where the building's kind of progressed throughout the years," said Shannon Hart, senior in interior design, who helped decorate the Knoll.

Two other students, Skylar Adamson and Nicole Peterson, were nominated, along with Hart, by their professors to assist in the decoration of the Knoll.

The process spanned approximately two weeks, during which the students made suggestions to Janet Leath on how to decorate for the holidays, including giving suggestions on what might be focal points in each room.

The decorating started with the wreath that hangs above the fireplace in the living room, which became the piece that would provide inspiration for the rest of the house.

"Janet's quote was 'more is more,'" Peterson said.

Janet said that when it came to Christmas decorations, you can never have enough, an attitude that is reflected throughout the garland and tinsel covered home.

The students and Janet were able to utilize a lot of what the Leaths already had for Christmas decorations, but made sure the decorations did not take away from the beauty of the building itself.

In fact, the aim is to "enhance the beautiful bones of the house," Janet said.

For example, the Iowa Room, found on the west side of the house, has had its walls painted a warm gold, an inexpensive way to highlight the woodwork. Snowflakes hung from the windows, adding a wintery feel to the room.

The living room furniture has been replaced with more inviting pieces to accomplish a more comfortable feel. Two pictures of Iowa State in



Photo: Huiling Wu/Iowa State Daily

Janet Leath, wife of President Steven Leath, prepares the Knoll for the holidays with the help of student suggestions. The decorating all began with the wreath above the fireplace.

the winter have been added to the living room walls, one of which is estimated to be from the 1950s.

The piano that previously resided in the living room was moved to what Janet now calls the "Music Room." Currently, a Christmas cactus that was given to the Leaths by a former student more than 25 years ago is set up next to the piano.

Janet shared that the plant entered their family the same weekend that President Steven Leath broke his leg horseback riding.

The president and his wife reside in the upper level of the house instead of in its entirety. President Martin Jischke was the last to use the whole house.

Despite the fact that the Leaths do not reside in the downstairs area, "we want it to re-

Fast facts

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Decorating started with the wreath that hangs above the fireplace in the living room. This would provide inspiration for the rest of the house.

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The living room furniture has been replaced with more inviting pieces to accomplish a more comfortable feel. Two pictures of Iowa State in the winter have been added to the living room walls, one of which is estimated to be from the 1950s.

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Their goal is to have a warm, comfortable and inviting atmosphere, something that has been achievable on a modest budget because everything needed is already there.



Touring the Knoll:

Watch a video Wednesday showing the decorations

at:

iowastatedaily.com/news

flect how we feel," Janet said.

Their goal is to reach a warm, comfortable and inviting atmosphere, something that has been achievable on a modest budget because everything needed is already there.

And there is a lot there. From the hand-crafted table with deer carved onto its legs in the living room to the 1910 yearbook in the Sun Room, the Knoll has history and beauty that the Christmas decorations can only enhance.

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Retirement

Hickok: 'Education changes the world'

Professor transforms ISU, cultivates advocacy legacy

By Katherine.Klingseis
@iowastatedaily.com

A book with all of the good deeds Kathy Hickok has done while at Iowa State would be as long as the Victorian novels she loves, or at least it may seem that way when first hearing of them.

In fact, Hickok, professor of English, has done so much since she began working at Iowa State in 1979 that most people, including her children, have lost track of all of her achievements.

However, most of those deeds occurred without Hickok receiving widespread public recognition. Now, as Hickok prepares to retire at the end of the fall semester, colleagues, students, family members and Hickok herself reminisce on all of her accomplishments.

Growing up in the American South

Hickok was born in Kansas, but her family moved to Louisiana when she was 5 years old. She said moving from the Midwest to the American South was a culture shock for her.

"Even though I was only 5 years old, I could see the huge differences — the way people lived, the racial issues going on in the American South at that time, and the very conservative idea of who girls and women should be that was different than what I had seen in the Midwest," Hickok said.

Hickok found solace under the roof of her local library. She said she worked her way through the library, reading about the world in broader terms than what she had a chance to see firsthand.

"I would read and read, and then I would look and look [at] what was going on around me and make those contrasts and take those to my friends and parents and brother and try to talk them through and understand," Hickok said.

Hickok explained how she still has mixed feelings about the American South. She explained how she believes the world, including the American South, today is much different than the world was when she was growing up.

A look at some of Hickok's awards

- Ames Women's Political Caucus Award, 1981
- ISU Human Relations Award, 1987
- Carrie Chapman Catt Award for Contributions to Gender Equity, 1992
- College of Liberal Arts and Sciences Award for Outstanding Teaching, 1995 and 2005
- PHORUM Faculty Award for outstanding commitment to doctoral students, 2003
- Jerry Shakeshaft Master Teacher Award, ISU Liberal Arts & Sciences College, 2005
- Lesbian, gay, bisexual, transgender student services award for academic excellence, 2008
- Margaret Sloss Gender Equity Award, 2008
- Martin Luther King Jr. Advancing One Community Award, 2008

"I'd like to think that the writers and the teachers and the activists of the world are the reason why the world is a different place," Hickok said. "Then, I wanted to be one of those people — the writers, the teachers, activists in the world — in hopes of making the improvements I thought we should make."

And that's exactly what she did.

Taking control of her education

Hickok earned her bachelor's degree in 1968 from Tulane University and her master's degree in 1970 from the University of Louisiana at Lafayette. After receiving her master's degree, Hickok left Louisiana and attended the University of Maryland to pursue a doctorate in English literature, which she achieved in 1977.

While at Maryland, Hickok realized she could combine her interests in literature and social activism. She explained how she was taking an African-American literature course, in which two-thirds of the class was women, and realized there were no African-American female writers on the syllabus.

HICKOK.p5 >>

>>HICKOK.p4

"We sort of had a little activist uprising and said to our professor, 'But wait, surely there were women.'" And, he said, 'Well, there may have been. I'm leaving it to you and you and you to go find them,'" Hickok said. "We then took the responsibility of bringing each other those materials that the traditional curriculum had forgotten about or had never cared about before."

Hickok, who has taught more than 40 courses while at Iowa State, believes taking control of their education is the single most important thing students can do to improve their educational experiences. She explained how students should learn information, process that information based on their own viewpoints, and understanding and apply that knowledge in their lives.

"I always took what I was offered by my professors, and then I sought this, I created that, I ... talked to people to get their input to make something new and even better out of it. And that is the way in which education changes the world," Hickok said.

Expanding women's studies programs

After graduating from Maryland, Hickok began teaching at Stetson University, a private university in DeLand, Fla. She said the school had no women's studies program when she began teaching there.

"I was able to take what my fellow graduate students and teachers had created, and I started the women's studies program there, which is still there this day, I'm happy to say," Hickok said.

In 1979, Hickok was hired by Iowa State to help with the women's studies program. She said she jumped at the chance to help the program because it was her chance "to bring it all together."

"I really appreciated the way Iowa State gave me the opportunity — and Ames, Iowa, too — to take what I found so fascinating, so important, and have all these different avenues to share it and promote it and find colleagues and study and learn and teach," Hickok said.

Hickok, who served as the chair of the women's studies program for about 10 years, said the creation and expansion of Iowa State's women's studies program was met with some resistance, but she said there is always resistance when asking people to share their resources and open their minds. However, Hickok said the resistance faded.

"When you have a lot of people together with the same kind of goal, and they want to give their time and their energy, then the resistance should fail," Hickok said.

Increasing visibility for LGBT issues

In addition to women's studies, Hickok is also interested in queer studies. In 2005, she

Sampling of Hickok's involvement and deeds

- Member on ISU president's advisory board on diversity
- Member of the Lesbian, gay, bisexual and transgender student services advisory board
- Member on 15 Ph. D. Program of Study committees
- Chair of 40 M.A. Program of Study committees and member of more than 50 more
- Member on the African American studies committee
- Member of Ames' YWCA Women's Center
- Member of the National Organization for Women
- Professor in charge of Carver Academy
- Faculty advisor for the ISU chapter for Teach for America program
- Teacher of more than 40 courses
- Writer of the book "Representations of Women: Nineteenth Century British Women's Poetry"

and Warren Blumenfeld, associate professor of curriculum and instruction, proposed an experimental course called Women's Studies 205, or queer studies.

Hickok and Blumenfeld cotaught the queer studies course when the course first began. Blumenfeld said Hickok's strengths as a teacher are her ability to engage her students, her great intellect and her extensive experience teaching.

"[Hickok] connects instantly with students and they love her," Blumenfeld. "It was a joy to work with Kathy because I think we both had strengths and some weakness, and it seemed like my weakness were counteracted by Kathy's strengths and vice versa. It was a great synergistic experience."

In addition to cocreating the queer theory course with Blumenfeld, Hickok also taught a course on gay and lesbian literature and worked on a committee with Blumenfeld and other faculty members to develop a queer studies minor or certificate program within the women's and gender studies program. She also was on the Lesbian Gay Bisexual Transgender Student Services Advisory Board and received the LGBTSS Academic Excellence Award in 2008.

"I believe, of all the people at Iowa State University, Kathy Hickok is the one who has created the most visibility for LGBT issues on this campus," Blumenfeld said. "She will be sorely missed, but her legacy will continue...."

Continuing Hickok's legacy

After teaching 40 courses, serving on dozens of committees, winning several prestigious awards, and, in general, leaving a dramatic im-



Photo: Megan Wolff/Iowa State Daily

Kathy Hickok, professor of English, retires from Iowa State after 33 years of teaching and more than 40 courses taught. Hickok was instrumental in expanding the women's studies program.

pression on Iowa State and the Ames communities, Hickok is retiring and moving back to the American South. However, Hickok's legacy will not leave with her, but rather, live on through her students and others she helped.

One of those students is Katy Jaekel, English lecturer, who said at Hickok's retirement reception Nov. 28 that she became Hickok's student when she was 18 years old, 13 years ago, and her life has not been the same since.

"What I've learned from Kathy can't be put into words because unfortunately, words are oftentimes used to quantify things. What Kathy has given me cannot be quantified," Jaekel said. "I cannot explain how she has made me better or smarter or more of a full and respectable person,

but she has."

Jaekel then recited a poem titled "The Red Shoes," written by Anne Sexton, which described how women pass on red shoes to one another. Jaekel said Hickok passes on these figurative "red shoes," or knowledge, to her students.

Hickok agreed, stating it is her time to step down and to let others carry on her work. And she believes she has left it in good hands.

"People like me retire, we die, we're done," Hickok said. "And I feel like the students I have taught in the 30-plus years I've been here, I know many of them are out there on their own doing their own versions of what I do. That is how the culture will advance to a more humane kind of world."

Tips

Students give advice for surviving finals week

By Meryl Onnen
@iowastatedaily.com

While the semester is coming to a close, many freshmen are looking toward or maybe dreading the Finals Week coming up.

For these freshmen it would be helpful to have some tips to better prepare them and know a little better what they should be expecting during final weeks.

Allison Severson, adviser in the Hixson program, advises students to "get enough rest and eat regularly and make sure to schedule your time during Dead Week well so you know where to be and when."

She also adds, "It is helpful to figure out as much as you can about your finals, such as whether it is multiple choice, open-answer, essay and whether it is comprehensive from the

entire semester of material."

Alex Tingley, junior in physics, says he wished he would have known that "they post the finals schedule a month in advance, which is kind of nice in preparing."

He also said, "If you can take on-line quizzes or look back over past assignments and realize what you did wrong, that helps, too."

As a sophomore in graphic design, Kaitlin Ungs talked about time management.

"Manage your time well," Ungs said. "You'll have a lot of free time Finals Week, and you need to use it productively. Don't slack off. Also though, don't freak out. Even though your final is important, if you've been trying hard during the semester, it will pay off."

"And don't be afraid to ask your teachers for help on anything that is

How to survive Finals Week

- Get enough rest.
- Eat regularly.
- Make sure to schedule out time during Dead Week so you know where to be and when.
- Figure out as much as you can about your finals: whether they are multiple choice, open-answer or essay, and whether it is comprehensive from the entire semester of material.
- Look back over previous online quizzes and assignments. Realize what you did wrong.
- Manage your time well.
- Use time during Finals Week productively.
- Don't slack off.
- Don't freak out.
- Don't be afraid to ask professors for help on anything confusing you or that you need help with.

still confusing you, or you need help with."

Rachel Van Roekel, freshman in pre-business, will be taking her finals for the first time this semester.

"I'm feeling good about it right

now," Van Roekel said. "I think my classes have prepared me well for them so far; I just need to stay focused, and I will definitely be blocking social networking sites during the next weeks so I can study."

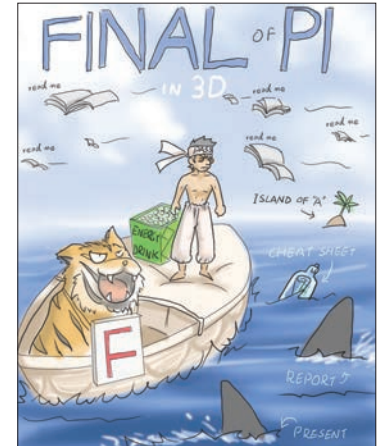


Photo: Bolun Li/Iowa State Daily

As freshmen prepare to take their first final exams as college students, many worry about how to prepare. Despite an increased amount of studying, students should remember to keep a steady schedule of eating and sleeping.

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Innovation

New sewer pipe stronger, lighter than original

Invention better than concrete

By **Mike Randleman**
@iowastatedaily.com

ISU professor David White has a new solution to what has become, over the years, a growing problem in regards to the nation's predominately concrete-based sewer pipes.

"Concrete sewer pipes have this problem where bacteria that is basically feeding on the sewage material can produce sulfuric acid, which dissolves concrete," White said.

To combat this predicament, White recalls back to his time about 18 years ago as an undergraduate student.

"I worked on a research project to figure out ways to use municipal solid waste as part of construction products," White said.

The research project involved White literally digging through piles of trash to separate the materials.

The dirty deed paid off in the end, though.

"I discovered that there was a component of the trash that could be converted into a construction material that was both lightweight and stronger than concrete," White said with his effort contributing to an ISU patent at the time in relation to material making.

Jump forward to the present and White has been using this similar knowledge that

Fast facts

ISU professor David White has created a sewer pipe using recycled and reusable materials.

This pipe has been proven to be more durable than the nation's predominately concrete-based sewer pipes.

White has been in talks with Besser Company, an equipment manufacturer, in efforts to implement his patented product.

led to his "polymer mortar composite pipe material and manufacturing method" patent secured Oct. 25, 2011.

SEWER.p11 >>



Photo: Ethan Crane/Iowa State Daily

David White, associate professor of civil, construction and environmental engineering, shows his new sewer pipe, which is stronger and lighter than concrete sewer pipes.

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Energy

Too much caffeine poses danger

Limit amount of stimulant to stay healthy, happy

By Leah Hansen
@iowastatedaily.com

Like many substances, consuming caffeine comes down to a question of dosage. There are safe and unsafe ways to consume caffeine.

"Small doses of caffeine exist in foods naturally, and at small doses I don't think it's particularly dangerous," said Peter Komendowski, president of The Partnership at Drugfree.org. "It's a matter of excess."

Small doses of caffeine may make students feel more awake and more alert while high doses may adversely affect their health.

"If you are tired, small amounts of caffeine — 100, maybe 250, milligrams — will help you think a little faster, a little smarter, it will bring you up to an awake level," said Denise Denton, senior lecturer of kinesiology. "There is this myth that if you drink a lot of caffeine it will sharpen you even more, and that is not the case."

Drinking more caffeine not only doesn't build on the effects, it can bring unneeded stress to the body.

"A stimulant gives you energy when in fact you should be tired," Denton said. "Anything more than just a little bit of caffeine is going to put stress on your heart, put stress on your respiratory system... A stimulant quite frankly stresses [the body]."

High levels of caffeine consumption can even affect the chemicals in the brain and physiologically change the body's rhythms.

"It messes with the accu-

CAFFEINE.p12 >>



Photo illustration: Adam Ring/Iowa State Daily

During times such as Finals Week, students turn to consuming drinks such as coffee, soda and energy drinks to help stay awake to last-minute study for final exams.



Photo courtesy of Flickr/Alex Dodd

Adderall is meant to counter attention deficit hyperactivity disorder. There is no set test for ADHD, leading to possible overdiagnosis that could make the drug too easy for students to get.

Stressed students risk 'study drug' to cope with load

By Meredith Keeler
@iowastatedaily.com

The United States is four percent of the world's population but produces 88 percent of the world's legal amphetamine. Adderall, also known as the "study drug," is in high demand across the nation and has increasingly become highly abused by college students who claim Adderall is the key to academic success.

According to the Mayo Clinic, Adderall is a combination of amphetamine and dextroamphetamine and is used to treat attention deficit hyperactivity disorder, known as ADHD, and narcolepsy. The combination of the two drugs increases attention and decreases restlessness in patients who are overactive, cannot concentrate for very long, or are easily distracted and have unstable emotions.

"There has been a huge increase in demand for evaluations for ADHD over the last several years," said Dr. Carver Nebbe, a medical doctor with a specialty in family medicine

and psychology at Thielen Student Health Center.

Nebbe also said there has been a significant increase in accommodations requests at the Student Disability Resources office on campus.

In 2010, the National Survey on Drug Use and Health found that 11.4 percent of young people ages 12 to 25 used prescription drugs nonmedically within the past year. The study also found that full-time college students, between the ages of 18 and 22, were twice as likely to abuse Adderall than those of the same age and not in college.

"Statistics say that 30 to 40 percent of those who have it misuse it or divert the medication at some time," Nebbe said.

When abused, Adderall can be extremely addictive. The Drug Enforcement Administration classifies all amphetamines as having a high potential for abuse and limited medical uses. In addition to having the potential of becoming addictive, common side effects of the drug include

ADDERALL.p9 >>

>>ADDERALL.p8

lack of appetite, increased blood pressure, headache, dry mouth, inability to fall asleep and weight loss.

For many people, they may not experience significant adverse side effects every time they use it.

"Most people that take the drug and a normal dose just to stay up all night, it probably won't hurt them all that much, but if someone has an underlying heart condition, whether they know about it or not, taking these drugs could potentially exacerbate that problem," said Edward Bell, professor of clinical sciences at Drake University College of Pharmacy.

Why students would put themselves at a potential health risk and illegally abuse a prescription drug is baffling to some, but for students, they just want good grades.

The strive for perfectionism in society often leaves students feeling an immense amount of pressure to succeed; with increased competitiveness in the job market, college students feel the pressure to get perfect grades.

In June 2012, The New York Times published an article entitled, "In Their Own Words: 'Study Drugs.'" The article was compiled of personal stories of high school and college students who abused prescription drugs for academic advantage. In the article, students from across the nation vividly describe their experiences with the so-called "academic steroid."

Frequent abusers of Adderall described feeling inundated with schoolwork and the intense pressure put on by themselves, family members and educators.

"Something inside of me that sparked the drive to be independently successful died, and I swallowed the pills," said a female student from Minneapolis to the New York Times.

Adderall is considered by some to be the academic miracle drug to college students today, whether they have ADHD and need it everyday or are just using it to study.

"Almost everyone who takes it will benefit from it," said Nebbe.

With demanding schedules and rigorous courses, college students take Adderall so they can stay up and be productive for a longer period of time.

An apparel, creative and technical design major at Iowa State who wished to remain anonymous, said she and others in her major use Adderall depending on how much work they have to do.

"A lot of times we have to do all-nighters in order to get our projects done. Each project, on average, can take anywhere between 20 to 70 hours to complete," the student said.

Most of her projects include sewing, computer design, illustrations or construction. She said it is common for students on campus to use Adderall, even if they are not prescribed.

"I feel like at least half the people I know are prescribed, even if they don't need it, so they sell

Further information

United States produces 88 percent of the world's legal amphetamine.

Adderall, a combination of amphetamine and dextroamphetamine, is known as the "study drug." It is used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy.

Increases attention and decreases restlessness in patients who are overactive, cannot concentrate for very long, or are easily distracted and have unstable emotions.

There has been a significant increase in accommodations requests for adderall at the Student Disability Resources Office on campus.

11.4 percent of young people ages 12-25 used prescriptions drugs non-medically within the past year in 2010.

Full-time college students between ages of 18-22, were found to be twice as likely to abuse Adderall than those of the same age and not in college.

it," the student said.

Nebbe said it is hard to determine if students expressing symptoms of ADHD actually have ADHD.

"ADHD is a clinical diagnosis; there is no set test that determines if a person has or does not have ADHD," Nebbe said.

There is no fine line that determines the criteria for a diagnosis of ADHD, which leads many to argue that Adderall is overprescribed and too easy for students to get, although Nebbe disagrees.

"Researchers on ADHD will tell us that ADHD is dramatically underdiagnosed and undertreated," Nebbe said. "The outcomes of those treated are sensationally better than those who are not treated."

Children who are treated at a young age for ADHD are at a lower risk for drug and alcohol abuse, tobacco use and participation in crime. They also have a higher rate of entrance to college.

Interestingly enough, the National Survey on Drug Use and Health in 2010 found that full-time college students abusing Adderall were three times more likely to have used marijuana in the past year than those of the same age not in college.

The same group was also five times more likely to have used painkillers non-medically and 90 percent were reported binge drinkers while more than 50 percent were reported to be heavy drinkers.

Whether students need it or not, the Adderall craze is fueled by perfectionism, fear of failure and competitiveness that has college students across America obsessed with a tiny, orange capsule.

"I do wonder about it, and I think that there is a fair question whether or not a lot of people are getting the medication who don't need it," Nebbe said.



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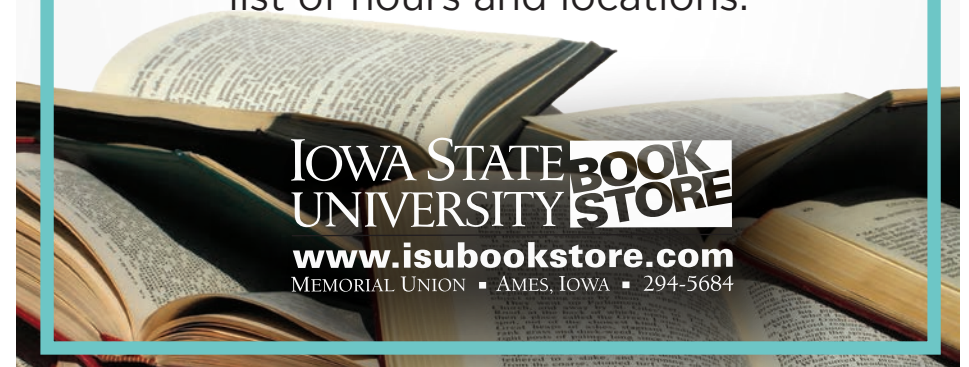


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Research

Faculty does more than students appreciate



Photo: Blake Lanser/Iowa State Daily

Ann Smiley-Oyen demonstrates her research with Chen Deng, graduate student in kinesiology.

Teachers spend 60 percent of time out of classrooms

By Danielle Ferguson
@iowastatedaily.com

ISU faculty members perform many more tasks than the obvious class time. Faculty members are constantly busy with research and service work in addition to the time spent in class and preparing for each lecture.

For Ann Smiley-Owen, associate professor of kinesiology, classroom work is just the tip of the iceberg.

"The majority of students go through the university and graduate, and all they know of what we do is stand in front of the classroom and teach," Smiley-Owen said. "We juggle a lot."

The average time spent on each area of a faculty member's schedule is 40 percent teaching, 40 percent research and 20 percent service, although this differs between departments.

"That 40 percent of teaching is usually divided into four classes," Smiley-Owen said. "But some people do 30 percent teaching so they can do 50 percent research. You're always trading off."

Smiley-Owen said there are numerous, long, phases to research effort. These include designing the process, planning such as collecting software and assigning tasks, recruiting test subjects, testing, analysis, writing the manuscript, and then rewriting the manuscript until it is accepted.

"This could easily take three or four years from the point of inception to the point of publication," Smiley-Owen said.

To conduct this research, professors need to constantly search for funding. Waiting for federal grants can sometimes take up to six months, Smiley-Owen said.

Funding the research is just as, if not more, stressful than actually performing experiments,

FACULTY.p11 >>

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>>SEWER.p7

This patented product has plenty of environmental value. The material can be constructed out of recycled and reusable materials, such as plastic bottles, fly ash (coal remains from a power plant), and other plastic fibers.

"One of the interesting things about the pipe, compared to a concrete pipe, is that it's stronger and lighter," White said.

"We did a study for a full year, and we took samples of this [sewer pipe] and a sample of concrete and put it in a sulfuric acid solution. The concrete completely dissolved in two days, while this had no change all the way through one year."

While White's pipe appears to meet, if not exceed, industry durability standards, there are also advantages in manufacturing.

"We're envisioning that

these things can be made in a matter of minutes versus having to let a concrete pipe set up and cure," White said.

Concrete pipes may take a couple days to solidify and cool to be ready for shipment while White's material can be made much more quickly.

The production of this particular type of pipe may be slightly more costly on a short-term basis.

However, White adds the longevity and value of the pipe would pay off on a long-term scale. The innovation has not gone unseen by those in industry.

White has recently been in conjunction with the Besser company, an equipment manufacturer in the pipe industry. Their partnership has been focused on gaining new insights into the pipe industry and exploring ways to implement White's product.

"We would supply the equipment to form the pipe

"I discovered that there was a component of the trash that could be converted into a construction material that was both lightweight and stronger than concrete."

David White

and/or manholes that they want to have tested," said Denny Anderson, precast sales manager at Besser.

Besser is excited to work with White in developing and manufacturing the sewer pipe.

"Because it is highly corrosion resistant, it will have a high demand in the manhole industry," Anderson said.

"I do believe this product has great potential."

>>FACULTY.p10

Smiley-Oyen said. Oftentimes, the first grant proposal submission is turned down and given feedback for revision.

Students have often told Smiley-Oyen, "I had no idea how involved it is to conduct research and write everything up."

Dale Chimenti, professor of aerospace engineering, takes research as an opportunity to teach. For Chimenti, students conduct most of his research.

"Being at Iowa State is challenging, but you want to spend as little possible time on research. How you do that is recruiting only the best students," Chimenti said. "My students are in top-line positions. They do the research for me. That's the idea."

Chimenti believes that students and teaching should be the main focus. By introducing lab work as students, it prepares them better for the real world, he said. His students have helped him publish numerous journals and papers, and he has a nearly-400-page book full of their work.

Chimenti was able to mention numerous students by name and boast on their outstanding accomplishments.

"Hire very, very talented people and then get them to work hard for you, neither of which is easy to do. At a university like Iowa State, you have to be selective," Chimenti said. "I try to identify the students and invite them to work in my laboratory and get to know them much

"The majority of students go through the university, and all they know of what we do is stand in front of the classroom and teach."

Ann Smiley-Owen

better."

Preparing for class occupies much of faculty members' time, as well. Chimenti went as far as to write an additional 12 to 15 chapters because he wanted to make sure the areas were taught effectively, he said.

Smiley-Oyen often does not even use a textbook but teaches based off of research findings and other professionals' journals.

Faculty members do not have the luxury of a 9 to 5 job and often put in 50 to 80 hours per week, depending on the field.

"I always bring work home with me," Smiley-Oyen said. "We work into the night. I was here from 8 a.m. to 8 p.m. on Saturday working on a grant proposal."

Even though the pressures of research, service and tenure requirements constantly loom, ISU faculty are extremely passionate about what they do, Chimenti said.

"Academic reputation is kind of like an oak tree," Chimenti said. "It takes 200 years to grow, so you better plant the seed now."

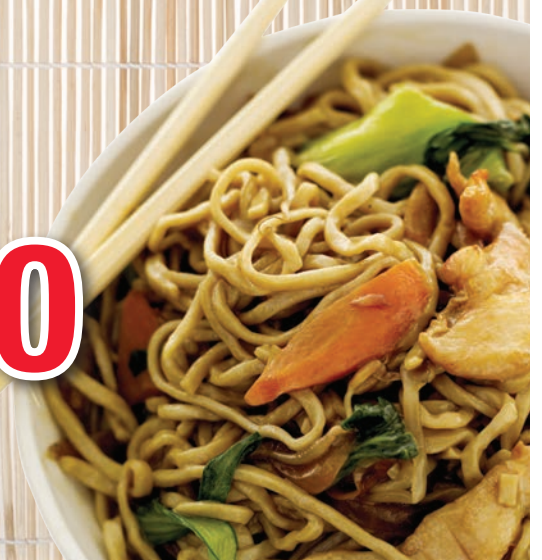
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>>CAFFEINE.p8

mulation of andosine which is the chemical that helps you regulate sleep and helps you regulate energy," Denton said.

Safe levels of caffeine consumption are considered to be anything up to 250 milligrams per day.

"Any time you are asking your body to do something that it's not prepared to do, you are putting it in a vulnerable position," Denton said. "Over 300 milligrams of caffeine is really not a good idea, and most people go way over that."

With final exams coming up, some students are turning toward caffeinated drinks to stay awake and study. This may seem like a harmless tool that may help a student study longer. However, the caffeine may not actually be helping past a certain point, and it may actually be hurting the body.

"A lot of people think that when they're staying awake to study with lots of caffeine that they're really learning something. When in fact they're in a sleep debt, and any time you're in a sleep debt, you're not going to retain that information very well," Denton said. "Stimulants affect your ability to concentrate and to put things into long-term memory."

Sudden increases in caffeine intake, like during finals week, may not only hurt effective studying habits but may also hurt health in the long run.

"If you're not used to drinking a lot of coffee and you decide to drink a lot of coffee to stay up all night that can be just as detrimental because you are putting a lot of stress on your heart," Denton said. "Any time you are staying up way longer than you should, that also puts stress on your heart. People have been known to experience heart palpitations and chest pain."

Dosages of caffeine can affect different people in different ways. For some students a cup of coffee may not have much effect on them while for others they may experience physiological changes. The higher the doses of caffeine, like in energy drinks compared to coffee, the more chances of health risks.

"I think there is a real powerful distinction between dosage that you find in a cup of coffee and an energy drink," Komendowski said.

With such high levels of caffeine in beverages such as energy drinks, students need to be aware of the long-term risks that a night of energy-drink-fueled studying can lead to.

"When energy drinks hit the market ... I was driving home from Des Moines thinking 'I've got to try this, I'm tired,' and coffee wasn't working, [and] it was a heck of a buzz," Komendowski said. "It really does a number on your head."

Energy drink sales in 2011 were \$9 billion. This number is expected to double in 2013. Not only have the sales of energy drinks increased but the number of emergency room visits due to overconsumption of caffeine has increased drastically from 1,300 in 2005 to 13,000 in 2009.

"Caffeine by its very nature, especially in

"The thing to remember about a physical rush is that feeling of a rush doesn't mean it's healthy."

Peter Komendowski, president of The Partnership at Drugfree.org.

Examples of caffeine content:

- Medium coffee of the day at Caribou Coffee contains 305 milligrams of caffeine
- 5-Hour energy, 2 ounces, contains 138 milligrams of caffeine
- Red Bull, 8.5 ounces, 80 milligrams of caffeine
- Monster Energy, 16 ounces, contains 160 milligrams of caffeine

high doses, is risky," Komendowski said. "I think the studies done with high levels of caffeine have been very destructive to the human body."

Caffeine is not considered a nutrient, so the amount does not need to be listed on a food label; it only needs to be listed as an ingredient. Consumers of energy drinks may not know how much caffeine they are really getting unless they take the time to look it up on the Internet.

This fall, the Food and Drug Administration received 18 reports claiming that energy drinks caused death. The energy drinks involved include Monster Energy and 5-Hour Energy.

Just because the FDA received these reports does not prove that an energy drink was the cause of death. Energy drink makers released a statement saying they had tested their products, reporting the products are safe and were not responsible for health issues.

The FDA is considering having an outside panel of reviews to test the possible health risks related to consumption of energy drinks, specifically focusing on certain health problems and age groups.

"I think the FDA needs to have a more effective ability to deal with all kinds of toxins," Komendowski said. "I think that things like energy drinks are such a huge abuse on what is technically a food product that it would be good to see some more control of it."

Many caffeine-containing products do have suggestions for how many to drink in a 24 hour period. 5-Hour Energy recommends not to drink more than two bottles in a 24-hour period. Red Bull advises that children and caffeine-sensitive people should not consume their products.

"The thing to remember about a physical rush is that feeling of a rush doesn't mean it's healthy," Komendowski said. "Your body might be reacting to defend itself and accelerating its activities to fight this thing that you've ingested."

Cross-country



Betsy Saina: A step above

Photo: Huiling Wu/Iowa State Daily

Saina's journey to Iowa State began at her home in Eldoret, Kenya. Her career so far has brought her to be a two-time NCAA champion (the most recent in November) and a six-time All-American.

By Stephen Koenigsfeld
@iowastatedaily.com

Betsy Saina traveled 8,122 miles across the Atlantic Ocean to get to Ames, Iowa. She filled her story with laughter and tears; thoughtfulness and humor.

The story of Saina, who won the 2012 NCAA individual cross-country title in November, starts off in a small training camp in Eldoret, Kenya, where she was training for long-distance running for fun.

During one of her training sessions, she noticed something out of the ordinary.

"When you are in Kenya and you go to [train]



Discover more:
For the full story on Saina and her journey, visit iowastatedaily.com/sports

and you find a white person doing recruitment, it's kind of exciting," Saina said. "I ended up running a good race, and he started off saying: 'Do you want to come to Alabama?'"

Saina described her journey to the United States as almost a "crapshoot." She could have ended up at an array of schools from as big as Alabama or TCU to small schools such as

Wayland Baptist or Abilene Christian.

"The thing was, I had no idea where to go," Saina said. "It's just the United States. I had no idea which school was which or what was Division I or Division II. I just wanted to go.

"Those people never told us that. They just tell us: 'Oh, you want to go to school [in the United States].'"

A crapshoot is exactly how ISU coach Corey Ihmels described it.

"That's the process in recruiting: It's a crapshoot," Ihmels said. "Obviously you try to get kids that fit what I do. You've got to find the athletes that fit with what you do, and Betsy is a

good fit with what I do."

The decision to come to Iowa State for Saina was strongly influenced by former ISU athlete Barnabas Korir.

"He told me I would love it here, and people in Ames were like 'this,'" Saina said. "That's when I said: 'I'm coming to this school.'"

Family ties

Now that she is at Iowa State, Saina had to leave family back home. Saina said she gets reactions from her friends because she keeps in

SAINA.p15 >>

Men's basketball

An unlikely voyage: McBeth's route to ISU

By Isaac.Hunt
@iowastatedaily.com

Timeout.

The band starts to play Gary Glitter's "Rock and Roll Part 2" while the ISU men's basketball team huddles up to make a game plan.

No. 12 intently listens to the chatter in the huddle as the student section screams: "Hey! Go State!" After the timeout, he goes back to the bench, where he has made his home in Hilton Coliseum during the past three years.

Austin McBeth is known by many as an ISU basketball player. His journey to Iowa State and, specifically the basketball team, is a unique one.

Early life

Growing up, Austin didn't know his father, who left while the future Division I athlete was only 1 year old.

Andrea McBeth was on her own to raise her two sons, Cameron and Austin, and she took that challenge head-on.

"The fact that my mom is a sports nut, she acted as a father figure in that role," Austin said. "I think that she did a phenomenal job of filling that role as a parent that supported her child that was all about sports."

"I don't think I missed a whole lot not having my dad there so much physically as I did emotionally."

Austin discovered pain when other friends shared athletic moments with their fathers. He said it was difficult to experience, but his mother did everything his friends' fathers did.

"I'm kind of a tomboy," Andrea said. "Not that you can take a male role, but I was into sports so that kind of helped."

The closeness Austin has to his mother has grown and continues to grow. He credits his experience with her more than he credits anything else in life.

"She was the one standing under the basket rebounding for me when I wanted to shoot at 6 a.m. or midnight," Austin said. "She would drive thousands of miles all summer long just so I could go to a camp here or a



Photo: Huiling Wu/Iowa State Daily

ISU basketball player Austin McBeth has had quite the experience leading up to where he is today. Being a multisport athlete throughout his high school career certainly proved beneficial for McBeth over the past few years. He described his main goal as becoming a coach: "That's where my heart is," he said.

tournament there."

"There isn't enough room in a paper for me to explain the impact my mom has had on me in a positive way."

Multisport athlete

Austin was a multisport athlete at WACO High School, where he made the All-State selection for football, basketball, and track.

In football, he excelled at both quarterback and safety. He helped lead his team to a 42-4 record in his

four years.

In that time, Austin scored 23 touchdowns on offense and five on special teams. He was also second in the state on defense with 10 interceptions his senior season.

Obviously an athletic talent, most would figure he would be the focal point of the offense. And most would figure wrong.

"We tried to do a little [passing]," said Chad Edeker, Austin's football coach. "But I'm more conservative by nature. Darrell Royal made the com-

ment: 'When you throw the ball, three things can happen; two out of the three are bad.'"

The future Cyclone had some trouble getting over the offensive strategy of not passing often.

"It was a pride issue," Austin said. "Me thinking that I was God's gift to football [in] high school. I mean I'd have games where I would throw the ball 10 times and have 220-some yards and three touchdowns."

Fall passed after a loss in the quarterfinals. It was time to trade in the

cleats for sneakers and play the sport Austin grew to love most: basketball.

Austin led his team in scoring his senior season, averaging 13.2 points per game. Austin played for the winningest coach in Iowa high school basketball history, Bob Hilmer.

"He was a good point guard, but he was also a good off-guard," Hilmer said. "Sometimes I think he may have been a better off-guard, but it's hard to tell. He made things happen at point

MCBETH.p18 >>

>>SAINA.p13

contact with her family more than some of her friends do, and their families live in the same country.

"I can't sustain myself without communicating," Saina said. "I call my parents all the time. When everything is going really well, that's when I do well."

Saina has been sure to tell her family about all that she has accomplished at Iowa State, including her most recent feat — the 2012 NCAA individual cross-country national title.

"My parents are those people who are not into sports very much," Saina said. "I remember when I won the title for the indoor [last year] and calling my parents, and I said: 'Yeah, I won the title for the indoor,' and they were just like, 'Oh, that's good.' They have no idea, except how important it is to me."

Saina had to explain the national title a little more in depth for her father to understand.

"I call my dad, and I explain to him how it went," Saina said. "And he said: 'Oh, good job. So what are you going to get back with it?' I had to explain if I keep running the way I am running, then I'm going to get to run with some company sometime next year."

As the news spreads back home, Saina said a realization has come over her friends. At first,

Saina's friends were happy for her; now, they're understanding and have become proud.

'The little things'

When Saina came to Iowa State in January 2009, there was already a rising star on the team. At the time, her name was Lisa Koll.

Now married, former teammate Lisa (Koll) Uhl helps with assistant coaching at Iowa State under Ihmels. When thinking back, Saina said she had the fondest of memories with Uhl.

"Once she started running and doing really, really [well], I needed to see what she was doing," Saina said. "I started with small things. ... I remember she would come in, change her spikes and [do strides] right there around that corner."

Saina was pointing to the southeast corner of the 300-meter track, where she remembers as if it was yesterday that she was observing her teammate.

Fellow All-American Meaghan Nelson weighed in on her thoughts of Saina's somewhat unusual premeet routine before big races.

"When you room with Betsy, she spends 90 percent of her time sleeping," Nelson said. "For a meet day, we'll wake up and go to breakfast, but when we come back, she'll take a nap. ... Maybe, that's why she's so fast."

Former Cyclones influence Saina's running career

Two Cyclones that had the most influence on Saina were Lisa (Koll) Uhl and Barnabas Korir. Here is a little insight on who they are and how they impacted Saina's career.

Lisa (Koll) Uhl

Uhl is a former ISU cross-country and track and field athlete that topped the world of the two sports while spending four years at Iowa State. Saina was a sophomore when Uhl left Iowa State. Here is what Saina had to say about Uhl while they were teammates.

"I look back and think: 'What am I going to do to be like her?' I looked at some small things that Lisa used to do. I was feeling so stupid, like, 'How is she doing this?' But, once she started running and

doing really, really [well], I needed to see what she was doing. I started with small things."

Barnabas Korir

Barnabas Korir was an all-American for the Cyclones in 1987-88 and helped lead the Cyclones to their seventh conference title. Without the help and encouragement of Korir, Saina never would have ended up at Iowa State.

"One day, it just happened. A former [Cyclone] came to Eldoret, [Kenya] ... and found me running and told me: 'I have this school for you and trust me. It's a good place. And, I thought: 'Wait a second.' ... You get confused because you don't know where is where to go ... so he just started the process and just cooperated with me."

Ihmels found it almost funny how much Saina loves her sleeping schedule.

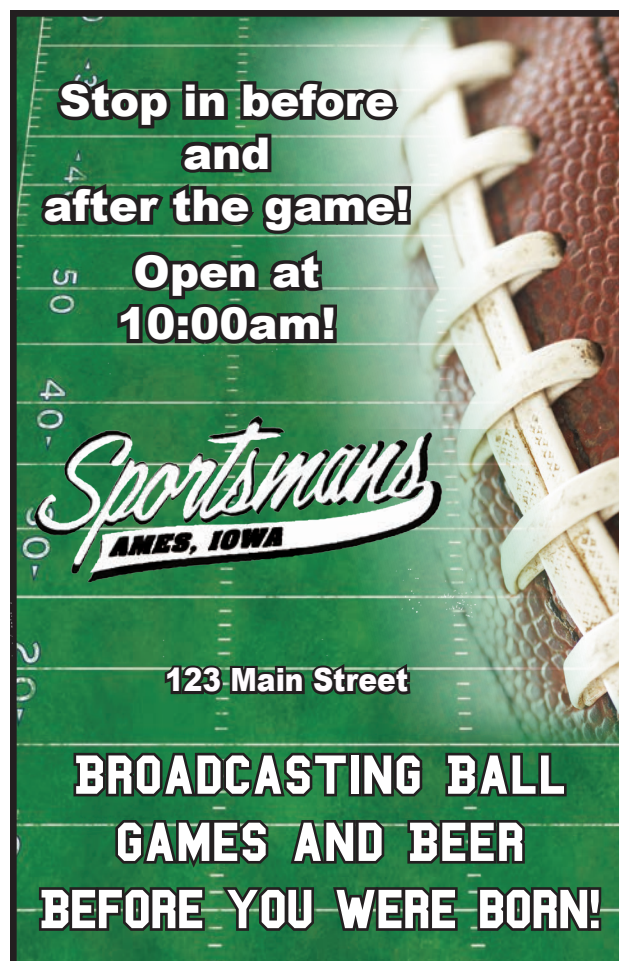
"Whoever rooms with her on the road has to know that she's going to sleep 14 hours out of the day," Ihmels said.

Saina's sleeping patterns are exactly what Ihmels wants members of his team to buy into — a theory of "to be a good athlete, you have to be good at doing nothing."

Nelson said there aren't any memories that stick out as her favorites with Saina. The past four years runs together for Nelson, and in the end, the little moments created something special.

"We go for runs together, talking ... and cooking dinners with her," Nelson said. "She's a pretty good cook."

"It's nothing big, just the little things."



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Volleyball

Struggles mold Hahn into best libero

Kristen Hahn proves worth with practice

By Dylan.Montz
@iowastatedaily.com

The road hasn't always been easy for Kristen Hahn.

Hahn came to Iowa State from Kennedy High School in Cedar Rapids, Iowa, as a talented but lowly recruited freshman who struggled mightily with passing to being a two-time Big 12 Libero of the Year and unanimous First Team All-Big 12 selection.

The recognition Hahn received throughout her junior season, including a Big 12 record eight weekly awards — the most ever by any Big 12 volleyball player — in a single season, has not made her forget the work it took to get there.

Great promise

As a freshman at Kennedy, Hahn was selected to move up to the sophomore squad by volleyball coach

Michelle Goodall. Goodall would go on to have Hahn on the varsity squad for three years and called her “one of the most focused and driven athletes that I’ve had” with “great promise.”

“She was exceptional, not only in her statistics, but in her floor leadership and she still maintains that in her play at Iowa State,”

Goodall said. “It’s not something she acquired,

she’s always been a fabulous floor leader.”

On the varsity squad for the Cougars, Hahn was a two-time Elite All-State libero her junior and senior year, averaged 6.1 digs per set as a senior and was the 2010 Kennedy Female Athlete of the Year.

ISU takes notice

It was through club volleyball that Hahn met an opposing club coach who happened to be Joe Lynch, a volunteer ISU assistant coach. Lynch gave Hahn’s club coach a flier for a volleyball camp.



File photo: Iowa State Daily

Libero Kristen Hahn sets up to bump the ball against UW-Milwaukee during the first round of the NCAA Volleyball Championships on Dec. 3, 2011, at Hilton Coliseum. Hahn has been named the Big 12’s Libero of the Year twice.

“I came to camp later that summer and that was kind of when I was first getting interested in being recruited for volleyball,” Hahn said.

ISU coach Christy Johnson-Lynch said Hahn could become a high-level libero with proper development when she first began recruiting her.

“In meeting her, I was very impressed,” Johnson-Lynch said. “She

HAHN.p20 >>

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Wrestling



File photo: Iowa State Daily
Trent Weatherman competes with UNI's David Bonin on Feb. 4, 2011, at Hilton Coliseum. This season, Trent hasn't competed since the pain from his neck surgery in February returned.

Brothers provide motivation for one another during season

Weathermans find rivalry, fraternity in competition

By Dan.Cole
@iowastatedaily.com

Trent and Tanner Weatherman aren't just teammates.

They are friends, motivators and one of four pairs of brothers on the ISU wrestling team. The Cyclones' wealth of fraternity is something ISU coach Kevin Jackson sees as a definite advantage.

"Anytime you have a brother on your team, it's positive," Jackson said. "It motivates you to work even harder just to make sure you're doing everything your brother's doing, maybe even more."

There are a number of reasons the Weathermans decided to wrestle at Iowa State, but the main one was Cael Sanderson. The former ISU coach and wrestler was a boyhood icon for the brothers and made sure he recruited and committed Trent before leaving Iowa State.

Once Sanderson left, Trent had a decision to make: follow Sanderson or remain a Cyclone. He chose Iowa State, largely in part to the program itself but also due to the proximity of Ames to Huxley, Iowa, the Weatherman's hometown.

When it came time for Tanner to commit, the decision was not nearly as difficult.

"Growing up, we were 10 or 15 minutes away from here; we came up for the meets often," Tanner said. "Then my brother committed here, recruited by Cael originally. Cael left, and then

WRESTLING.p19 >>

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>>MCBETH.p14

guard."

Austin helped his basketball team reach the semifinals in basketball for the first time in school history.

Austin was also a state champion in the 110 high hurdles and the shuttle hurdle relays his senior year.

None of his high school coaches were surprised Austin made it to the Division I level. This included Shannon Rugg, who coached him as an assistant in football and basketball and was his head track coach.

"He knew what his goal was all along," Rugg said. "He had a lot of things planned out and followed them. It got him where he wanted to go."

Excursion at Iowa Western

Austin began his next step at the junior college, Iowa Western, in Council Bluffs, Iowa, where he played football.

Originally, he went to NIACC, where he was going to play basketball and football. Before his arrival, however, both coaches that recruited him had left.

One was Scott Strohmeier, who left for Iowa Western with Austin not far behind.

The Reivers are champions in football this year but were at the beginning of their dynasty with Austin.

Posting just a 5-4 record, Austin threw for eight touchdowns in seven games.

His travel to Ames began with Iowa Western recruiting a new quarterback.

"The quarterback that came in is now at an SEC team," Austin said. "One of the coaches told me to leave while I had the chance and that's what got me to Iowa State."

Transfer to Ames

"Since he was in high school, that's all he talked about was going D-I," Rugg said. "Football, basketball, it didn't matter. He was going to get there."

Austin had made it all the

way from Class A high school, to junior college and, finally, to Division I football.

"It takes perseverance," Edeker said. "You have to be willing to continue to work and work and work. Austin had to go to junior college and get seen that way. He worked hard at everything he did and he always wanted to do more."

But getting there was only half the battle, making an impact would take a little more work.

"I came in thinking I had a legitimate chance to play," Austin said. "As the season went on and things developed the way they did, it looked as though I would just be a scout team quarterback."

Austin didn't have a problem with being a practice player, but he was weighing whether or not it was worth it to go through the rigorous schedule without having an opportunity to see the field.

During the offseason, Austin was shooting hoops with some friends who asked him why he wasn't playing basketball.

After contacting Jeff Rutter, ISU director of basketball operations, and receiving a polite turndown, Austin went home for Winter Break. While he was home, Scott Christopherson got injured in a game at Virginia.

This event triggered the most intense day of Austin McBeth's life.

"I was back home when they called me and said they'd like for me to come up tomorrow morning and work out," Austin said. "So I drove up the next morning and worked out, and [ISU coach Fred] Hoiberg said he wanted me to be on the team along with another guy I played football with, Drew Mitchell."

"We had a game that night against Northern Illinois at 6 p.m. I went from being an ISU football player, to being an ISU basketball player, to getting on the court at Hilton. Those 24 hours were probably the craziest 24 hours of my life."

Austin had landed a spot on a Division I basketball team.

A coach on the court

A "team chemist," a term explained by Grantland.com's Bill Simmons, is someone who helps balance the teams' players, helps morale and also knows the handshakes and chest bumps of each different player.

"I consider myself a coach on the court," Austin said. "The guys come to me when they don't know a play or when they do a technique wrong."

"Sometimes I will take them aside and Hoiberg will say: 'You got them McBeth, you know what to do.' I guess I'd say I'm not filling the role on the court as much as I thought, but I have definitely found a good niche in being a team leader and being a player/coach."

The only personal goal Austin has this season is to score one point. He has yet to do so, and it might not happen.

"I'm a point guard and very coach-minded," Austin said. "I approach it no differently whether it's the last 30 seconds or if I were a starter. I'm going to approach every single play with the mindset that I want to distribute the ball and take care of it."

Scoring isn't his No. 1 priority on the floor; helping the team is.

"He's always been [unselfish]," Andrea said. "It's a quarterback mentality. It's all about helping other people. It's not about him."

Coaching in the future

The future could hold many things for Austin, but his goal and desire is in coaching.

"I think he has the knowledge and the experience," Hilmer said. "He's played on a successful team and he's getting a lot of coaching experience where he is."

He might not get the start he expects, but if he has proven anything, it is that when Austin sets his mind on a goal, he will stop at nothing to get there.

"I want to be a coach," Austin said.

"That's where my heart is."



Photo: Huiling Wu/ Iowa State Daily

Iowa State's Tanner Weatherman grapples with Iowa's Mike Evans in their 174-pound match at the meet Dec. 1, in the Carver-Hawkeye Arena in Iowa City. Tanner is a redshirt freshman.

>>WRESTLING.p17

[Jackson] recruited me, and then it was pretty easy to follow my brother."

The proximity to home was a big selling point for the brothers as their father, Tim, has been a big influence on their mental development as both athletes and men.

Tim was an assistant coach for their high school wrestling team and while his role as a coach was not great, his role as a father was paramount to his sons' success on the mat.

"My dad's really relaxed, so he helped with kind of taking a step back and just realizing it's only wrestling [and reminded us of] getting back to the basics if we're struggling with a certain technique, [just] little stuff," Tanner said.

As is the case with most brothers, there is no shortage of competitiveness between Tanner and Trent, which is something Tim said is present within the entire family.

"Whether it's cards at home or whatever, everything's a competition; that's the way they grew up," Tim said.

As Tanner and Trent have matured, the competitive nature between them has also undergone changes. As they've gotten older, they have become closer as both friends and brothers.

In the wrestling room, there's a definite big brother-little brother rivalry going on between Tanner and Trent. The two are near the same weight now and are always eager to get after one another in practice.

"We've both kind of matured equally, and he's even a little bit bigger than I am. So that kind of makes the matchup a little more fair," Trent said. "When we get into the wrestling room now, it's go time."

Additional ISU brothers

- **Dominic Chase:** redshirt freshman, 149 pounds, Bettendorf, Iowa
- **Drake Chase:** freshman, weight not listed, Bettendorf, Iowa
- **Gabe Moreno:** freshman, 141 pounds, Urbandale, Iowa
- **Michael Moreno:** redshirt sophomore, 165 pounds, Urbandale, Iowa
- **Ben Swalla:** sophomore, 157 pounds, Ames, Iowa
- **Luke Swalla:** sophomore, 149 pounds, Ames, Iowa
- **Tanner Weatherman:** redshirt freshman, 174 pounds, Huxley, Iowa
- **Trent Weatherman:** redshirt junior, 157 pounds, Huxley, Iowa

Trent wrestled just two matches last season due to a bulging disk in his neck. In November 2011, he began feeling a pain in his arm and had an MRI that revealed his injury.

After waiting and seeing that his injury was not taking care of itself, Trent decided to have surgery in February. After rehabbing all last summer, the pain returned a few weeks ago, and he has not competed since.

"As of right now, I'm still working out," Trent said. "I've trained a lot with assistant coach Travis Paulson. I do stuff with him every day, just so I can kind of stay sharp and stay in shape."

Cyclone fans will have to wait and see if Trent can make a return to the mat this season. Until then, they will have Tanner every step of the way.

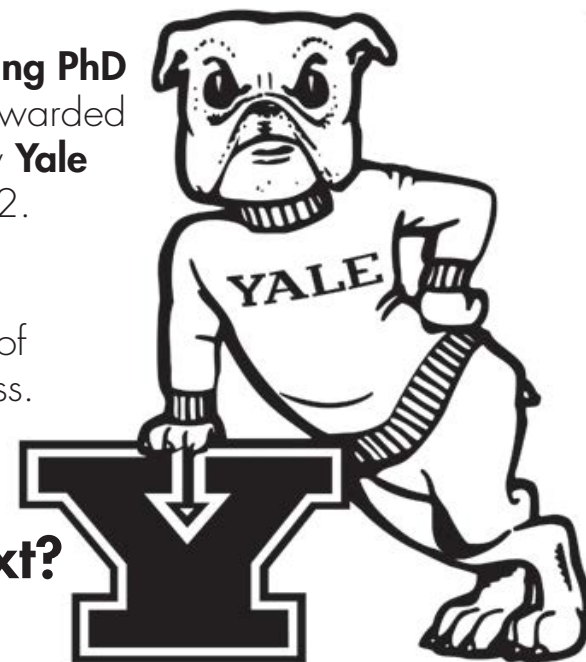
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>>HAHN.p16

was just very mature, composed and just [had] a really good head on her shoulders.”

In February of Hahn’s junior year of high school, Johnson-Lynch offered her a spot on Iowa State’s roster. Hahn also received an offer from Northern Iowa as well as interest from North Dakota State and Wright State (Ohio).

Although Northern Iowa was high on the list for a long time, Hahn ultimately chose Iowa State after she enjoyed its upset of Texas in 2009 during her visit to Ames.

“Once Iowa State offered me, I kind of got in the aspect of my whole family went here and got on campus a few times and how beautiful it is and having my brother here,” Hahn said. “I think it was just everything I wanted in school, family and volleyball.”

Positive affirmations

When Hahn arrived at Iowa State to begin her freshman year, her confidence in her game was tested after struggling with her passing.

The coaching staff experimented with changing the mechanics of Hahn’s passing in order to make her more efficient. Johnson-Lynch said it was a struggle for most of the year for Hahn.

Hahn saw playing time in 17 matches and av-

Communication is key between volleyball liberos

In sports, communication is one of the most important skills on the court.

In volleyball, communication is key, especially between the setter and libero. ISU setter Alison Landwehr and libero Kristen Hahn act as the Cyclone floor generals and run the ISU attack.

“I see them talking a lot,” said ISU coach Christy Johnson-Lynch. “I think they’ve become pretty good friends on and off the court, but I see them on the court talking a lot about [how] maybe we should change the defense or change the blocking scheme, or do you need me to pass the ball

higher.”

Michelle Goodall, varsity volleyball coach at Cedar Rapids Kennedy even tries to instill that habit of communication throughout her teams but said that when it came to Hahn, she was a natural.

“She didn’t need a lot of feedback to attain that skill,” Goodall said. “It was one that she just naturally picked up on, and it’s just a little gift of hers.

“Her volleyball IQ is really high, and she understands that her vision is pretty great. She helps her teammates out by communicating.”

eraged 2.13 digs per set, sixth-best on the team.

“That fall, I wasn’t sure,” Johnson-Lynch said. “I think we saw a great athlete who could become [a great player] but I wasn’t sure how quickly she would be able to take that next step.

“I was a little concerned that fall because if she couldn’t put up good passing numbers, she’s not going to be a libero for us.”

During that year, Hahn would often call her parents upset and frustrated. Goodall said that at Kennedy, the coaches try to help prepare kids for the transition into a collegiate program and warn them that it would most likely be a tough experi-

ence becoming a freshman again.

“I talked with her throughout that [season] and she became a little bit more confident and a little more relaxed with the new chemistry that was evolving in her collegiate program,” Goodall said. “You could really see a big difference in her as far as her comfort level.”

One of the things that helped Hahn adjust was a mental training exercise Johnson-Lynch would do with each class on the team.

“She told us all to write down specific things to switch our thought processes from negative thoughts to positive thoughts,” Hahn said. “[My

negative thought] was always, ‘I can’t have a bad pass.’ So I switched it to, ‘I’m a great passer.’”

Two-time Big 12 Libero of the Year

Johnson-Lynch noticed Hahn make tremendous strides the spring after her freshman season. As a starting libero her sophomore year, Hahn led the Big 12 in digs per set with 5.44 and was named Big 12 Libero of the Year.

In her junior season, Hahn was unanimously named Big 12 Libero of the Year, First Team All-Big 12 while averaging 5.40 digs per set.

“I think with her help, we’ve become a place where the best liberos in the country want to come play,” Johnson-Lynch said of Hahn. “It helps our program set up a legacy and tradition of, ‘Hey, you’re one of the best liberos in the country, you want to come to Iowa State because you’re going to be highlighted here and you’re going to be able to reach your potential here.’”

Even in an individual award, Hahn gives the credit to her family, coaches and teammates for supporting her even when things were at their toughest. All the success will not stall Hahn in her efforts to improve her team and herself, however.

“I’ve always wanted to do this and I’ve set specific goals every season,” Hahn said. “I’m going to have to set bigger ones next year.”



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Support teams

Athletic trainers assist players along every step

By Mark Specht
@iowastatedaily.com

One mile into the 2012 NCAA Cross-Country Championships in Louisville, Ky., true freshman Crystal Nelson started having trouble breathing.

Nelson, winner of the Big 12 Newcomer of the Year award, has both asthma and vocal cord dysfunction, a condition where a person's vocal cords can swell up.

Hindered by her breathing, Nelson crossed the finish line in 154th place and then collapsed unable to catch her breath.

Soon after Nelson fell, ISU graduate assistant athletic trainer Matt Mills, athletic trainers from host team Louisville and ISU teammates crowded around her telling her to take slow, deep breaths before giving her oxygen and her inhaler.

From cross-country to basketball to football to soccer and more, an ISU athletic trainer or other trainers can be found at all Cyclone sporting events, at home games and meets as well as those away.

"There are nine full-time athletic trainers and then we have four graduate assistant athletic trainers, and then over at the student health center there's two physical therapist/athletic trainer dual credentialed employees," said Tim Weesner, ISU assistant director of athletic training.

Weesner is a graduate of Iowa State's athletic training education program as well as the athletic training student program where he worked with the football, soccer and men's basketball teams.

Weesner also went to graduate school at Iowa State and then worked at Arizona



Nelson



Ihmels

State for three years before returning back to Ames four years ago.

A career in athletic training appealed to Weesner on multiple levels.

"Originally, it was just kind of an interest where I found out there was a profession that was really based in medical science and the injuries and illnesses you see in sport and activity," Weesner said.

"And then you also still get to help people, it's kind of something I've always enjoyed doing."

The number of athletic trainers found at any given Cyclone sporting event fluctuates and is based largely on the risk and severity of injury for the given sport.

Using those same factors and taking into account the experience of each individual athletic trainer, decisions are made about where sport graduate assistants and staff members are assigned.

"The majority of the staff has been here for a significant amount of time, and so there hasn't been a lot of change in [which sport people are working]," Weesner said.

Athletes don't see their sport's athletic trainer only when they're hurt like they might with a physician or physical therapist.

They are in constant communication with one another.

"We have 41 guys on the wrestling team, and I see each of them pretty much every single day, the entire school year,"

Athletic training program at Iowa State

Tim Weesner called Iowa State's athletic training education program "competitive." The program accepts 18 to 22 new students into the program each year out of 60 to 100 students to consider in the selection process.

Starting next year, an undergraduate major in athletic training will be available to students. The Iowa Board of Regents approved the major this past February.

Weesner said.

Athletic trainers walk that fine line of having a professional relationship with student-athletes that allows for open communication between the two and not a friendship, which might hinder their decision-making abilities.

Coaches will also keep in contact with their team's athletic trainer and also receive treatment from them.

"[The athletic trainers'] goal is to get everyone back out as quickly as possible and as healthy as possible," said Corey Ihmels, ISU track and field and cross-country coach.

"So you work hand-in-hand with them to make that possible."

As for Nelson, disappointed by her finish at the national meet, she said the whole experience opened her eyes.

"I really need to focus on getting this figured out, so that way this won't happen again, or I can prevent it," Nelson said.

Nelson isn't alone — she will have athletic trainers to help.

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Editorial

Students spurred to ask questions

If you wanted to ask President Steven Leath about recent changes to the Harkin Institute of Public Policy, where could you go?

You could email him. You could go to his office in Beardshear Hall and see if he's around. You could try to catch him as he's arriving in the morning. Or, you could have walked up to him, shaken his hand, introduced yourself, and asked him in person at last Wednesday's forum that put students in the same room as top-level university administrators.

It's the same place you could have asked any question you so desired to Jonathan Wickert, senior vice president and provost; Tom Hill, senior vice president for student affairs; Warren Madden, senior vice president for business and finance; Nancy Levandowski, director of campus dining services; and Pete Englin, director of the Department of Residence.

A few of us attended the forum. Although we were not among the students who asked questions, we were happy to observe and watch several other students do so, preferring to stay within our allotted role. (We do, after all, have the ability to opine here every day). And we were immensely encouraged by what we saw there.

Students asked questions about the Harkin Institute, a controversy that we will not yet discuss here but which we can say the Ames Tribune and Des Moines Register reports are worth reading. The panel of administrators was asked to say what they thought are the top issues facing students as well as what plans are currently in the works that let them geek out at work.

They were asked about the recent hire of Joe Murphy, who has ties to Regent Bruce Rastetter and therefore implicated the AgriSol controversy, as Iowa State's state relations officer without a search. They were asked how to constructively criticize a faculty member whose teaching abilities are less than comprehensible.

But those are only a few of the issues



Photo: Blake Lanser/Iowa State Daily

ISU President Steven Leath; Jared Knight, president of the Government of the Student Body; and Warren Madden, senior vice president of business and finance, converse at the open forum on Wednesday. Students were encouraged to attend, and many did with valuable questions.

discussed. What could have been a boring Q-and-A session or a dead one filled with silence was, instead, a well-attended event that allowed students to spotlight their concerns and add their perspective to issues that the

university administration deal with every day. (Curious parties can read a Daily story online and listen to a recording of the hour-and-a-half-long forum.)

No longer can we think that the students

of Iowa State are the sort who would say, "Frankly my dear, I don't give a damn." Rather, if Wednesday is any indication, they would probably continue attending such fora if given the chance. We know we would.

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Academics

Final exams skew grades



Photo courtesy of Flickr/Kory Twaites

During Finals Week, students have high stress levels due to tests and projects. Columnist Alexander Maxwell suggests there might be a better way to grade students on their performance, with less emphasis on a project or test at the end of a semester.

Teachers must make tests productive to education

We are nearing the end of another semester at Iowa State, and for many students this means devoting a large amount of time to finals. Being both ready for a break from classes and anxious about performing well on these last important tests is a time many students truly understand how stressful it actually is to be a college student.

Though this increase in stress levels due to final exams should be expected and cannot be avoided, I feel that some of it might be unnecessary. Final exams are such a burden because sometimes they can significantly affect the grade for the entire course.

The impact of a final exam should not be overreaching. In particular, failing a final alone should not mean failure of the course. An otherwise well-performing student can be easily and unfairly affected



By Alexander Maxwell
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by a single performance. I feel that when a final exam is worth a substantial part of the grade in a course, it signifies laziness on behalf of the grader. There is no reason a single chance to demonstrate proficiency in a subject should be considered sufficient enough to be representative of an entire course. This is especially true if the course is meant to be part of a system that promotes growth and learning.

I believe a higher number of tests in these situations is much more beneficial, to the teacher as well as the student. More tests given during the semester help to encourage students to regularly review the material and allow students to better un-

derstand a teacher's grading preferences. Every teacher has his or her own unique preferences for creating and grading tests, and students should be able to adapt to these accordingly. Having more chances to be graded also demonstrates how well the student is doing in the class overall because the scores represent a performance trend. As those familiar with data analysis know well, a smaller number of samples will produce a less accurate result.

It is important for teachers to be aware of how well they are helping their students learn, and assessments more often is a very good way to show their students' level of understanding. Overall changes in the class's performance can show when the material is being covered too quickly or, when there is great enough comprehension, a subject does not need further explanation and the class is ready to move to the next topic. Being aware of how well the class as a whole is doing allows the

GRADING.p24 >>

Behavior



Photo: Megan Wolff/Iowa State Daily

Students study on the first and second floors of Parks Library. During Dead Week and Finals Week, it is especially important to be courteous to other students and faculty.

Be considerate while studying

The weekend before Dead Week, I was sitting in one of the third floor Parks Library cushioned chairs overlooking the main staircase, counting down the minutes to my next class. I glanced at the chair next to me, and then my chair. Mashed in the cracks were literally dozens of trash wrappers: candy bar wrappers, straws, empty gum packs, cheese and jerky wrappers, paper cups, napkins, money...

Okay, maybe not money in these cushions, but curiosity struck. I took a stroll around to similar chairs and found the condition to be similar. I am sure the library maintains a great janitorial policy and probably deals with this on a regular basis, as a few days later it seemed to be noticeably less.

What concerned me most was the fact that the farthest of two trash bins from any of the chairs was still within tossing distance. This meant students were either too lazy to walk their trash to the bin, or were studying too hard to worry about what they were



By Ian Timberlake
@iowastatedaily.com

consuming and where they were putting it.

I doubt the latter.

Parks Library is a wonderful place to study; thousands of students a day take advantage of the building, and it's where I get a lot of my own work done. During Dead Week and Finals Week, students tend to live there more than normal, so it might be understandable for students to consume large amounts of food — fuel, rather. This is no excuse to force others to pick up after your own mess — especially given the library has about as many trash bins within it as crows on top of it.

Finals Week etiquette is as important as the studying that goes along with it.

Stress is not only experienced by students, but faculty as well, including

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teacher to do a better job of helping his or her students learn the course material.

It is not difficult to implement something more productive and more representative of a student's knowledge and learning effort. For example, in a course that typically has two exams during class and one final exam, a former teacher of mine used the following system to determine test grades:

There were two midterm exams and one final. All tests were comprehensive and included all of the material up to that point.

An overall "test grade" was worth 45 percent of the class grade. This test grade was each student's highest score out of the following options:

45 percent from only the final (the first two exams did not contribute); 25 percent from the final, 20 percent from the second midterm; 25 percent from the final, 20 percent from the first midterm; 17 percent from the final, 14 percent from the first midterm, and 14 percent from the second

This test grading system still required only two tests while in class, and one final exam after the course. But

this system is adaptable to students who make the effort to learn the course material throughout the length of the class. It also does not punish students by hurting their course grade if they did poorly on a test but performed better on the others.

I would not necessarily suggest that this system be adopted to all relevant classes, but this is a good way to see that there are viable options for teachers to use when grading tests.

Final exams are important to ensure students have learned what was being taught in the course, most of the time to prepare them for another course that relies on that knowledge.

In general, the scores students receive on any exam should be able to represent each student's own effort to understand the material.

But it is an unnecessary and unfair burden to both teachers and students if exams are not used in productive ways that actually encourage learning.

Alexander Maxwell
is a senior in computer engineering from Ames, Iowa.

>>ETIQUETTE.p23

the nonteaching staff. The entire campus is buzzing with nervous energy. There are steps to be taken that will help everyone, especially the students. After nearly five years of studies at Iowa State, here are a few things I have noticed that make a difference while studying on campus:

Things like keeping the noise level down, even in places that grant talking, help curb the stress of Finals Week and give others a better study environment. This includes wearing headphones and silencing your cellphone.

Cleaning up your trash and other items when you leave helps students and faculty get through the week smoothly.

It's best not use ISU-provided computers to watch "How I Met Your Mother" on Netflix or play hours of "World of Warcraft," using a computer another student might actually need.

If you have a roommate who wishes to study in his/her room, avoid bringing people into the room, even if it is just your boyfriend/girlfriend. No need to start a Finals Week hate war. Save that for the drinking weekend that follows — club soda if you're not 21, of course.

As Van Wilder once said: "Write that down."

Ian Timberlake is a senior in aerospace engineering from Chicago, Illinois.

But wait, there's more...

Check out the opinion section for more content throughout Finals Week and Winter Break at iowastatedaily.com/opinion.



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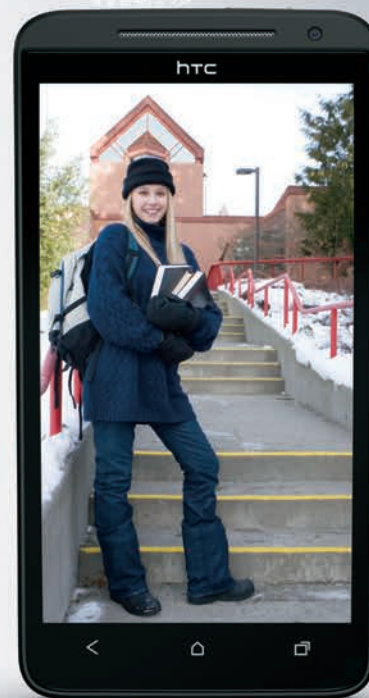
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Employment

Music majors prepare for life outside college

By CJ.Eilers

Ames247 Writer

For senior Brandon Kowalsky, his Dec. 9 recital will mark his last performance as a student of music at Iowa State.

Though Kowalsky switched his major from engineering to music two years ago, joining the ISU orchestra helped the trombonist discover what he really wanted to do with his life after college.

Although the music department does not have an official jobs program, it does help students like Kowalsky prepare for life after college in many ways.

"We have music education classes that help students get jobs in the future; in fact, we have several classes," said Michael Golemo, professor and chairman of music and theater.

One thing music education majors must do in order to get a job anywhere is to go through student teaching. Majors going through the program must take student teaching for a semester — full-time — meaning they are not allowed to take any courses during that time. Student teaching is organized during that semester into two periods of eight weeks. The periods are at different grade school levels, such as high school or middle school.

"It's a real-world experience," said Golemo. "You are totally immersed in the classroom and how it works."

Music education majors are given a choice of which level and which school they would like to student teach at, but there are no guarantees, according to Golemo.

"At least one of those periods, we try to accommodate the students' requests," said Golemo. "If they want to teach high school after graduating, we will put them in a high school to make sure they get the experience."

Applying for a music education job after college doesn't start right after graduation, but rather beforehand. According to Golemo, students start looking for jobs in March, when schools start posting open positions.

Jonathan Thoma, a spring 2012 graduate and current orchestra director at Muscatine High School, went through this process.

"While I was still student teaching, I sent out applications all over the country," said Thoma. "Getting a job in music education can be tough



Photo courtesy of Jonathan Thoma

Music education majors are required to do a semester of full-time student teaching. This requirement helps them to be placed in jobs after they graduate. ISU alumnus Jon Thoma experienced this process as a student and moved on to be Muscatine High School's orchestra director.

unless you apply out-of-state as well."

Fortunately for Thoma and his wife, he found a job in Muscatine, close enough to their hometown of Fort Dodge to be close to their families. He applied early and accepted the job in May. The job offer came after rejections from several other jobs in other districts.

"My advice to music education majors is: Don't get discouraged when you don't get a job at first," said Thoma. "Only apply at places you

want to work at."

According to Golemo, last spring's graduates in the music education department all moved on to get jobs by early June or to graduate programs at other colleges. Official numbers were not available for all other music majors.

"Our student success rate is very high, and we are very proud of that," said Golemo.

As for Kowalsky, he has a plan of his own for after college. He will be returning to his

hometown of Urbandale to work for tech support at his former school district. While he works, Kowalsky will look at different schools to get his master's degree in music performance. His dream job is to play for either the New York Philharmonic Orchestra or the Chicago Symphony Orchestra.

"It's a tough field to go into," said Kowalsky. "It takes some serious dedication, but if you have the passion for it, go for it."

Music

Must-see concerts during Winter Break



Max Wellman



Carrie Underwood



Mumford's

By Dominic Spizziri
Ames247 writer

Have a lot of free time over winter break? Looking for some music shows to go to? Here's a quick list of upcoming events during winter break for artists in the local scene, as well as big name artists touring.

Max Wellman at the Bash

- When: 8 p.m. to 1 a.m. Dec. 31,
- Where: Capital Square, 400 Locust St., Des Moines
- Cost: \$18 early bird (limited quantity), \$20 in advance, \$25 day of show

Bright * Giant with The Pork Tornadoes

- When: 9 p.m. Dec. 14
- Where: DG's Tap House
- Cost: \$5 (21+)

Useful Jenkins (with an artist yet to be announced)

- When: 9 p.m. Dec. 28
- Where: DG's Tap House
- Cost: \$8 (21+)

NYE Extravaganza with Mumford's, Dead Larry, Doctor Murdock and more yet to be announced

- When: 7 p.m. Dec. 31
- Where: DG's Tap House
- Cost: \$10 (21+)

Carrie Underwood

- When: Dec. 14
- Where: Wells Fargo Arena, Des Moines

Jim Brickman

- When: Dec. 20
- Where: Stephens Auditorium

Music lovers can also look forward to other acts coming to Iowa in February 2013, including Matchbox Twenty, Coheed and Cambria, Miranda Lambert and Dierks Bentley.

Photos: courtesy of Max Wellman (left), courtesy of Flickr/Eva Rinaldi (top), Caitlin Ellingson/Iowa State Daily (bottom)



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Theater

Students benefit by directing peers

By **Rahemma Mayfield**
@iowastatedaily.com

Iowa State's Directing I class will feature students directing their own 10-minute plays during finals week.

Each student has been assigned to direct a brief 10-minute play for the class's final project, which will be performed in the Maintenance Shop Monday and Tuesday of finals week.

The plays, according to the class syllabus, must have dialogue that is realistic in style and should have two to three actors each. The plays are not only student directed; the actors are also students.

Friends and faculty go to see the plays, but "the primary beneficiaries are the directing students themselves," said Brad Dell, assistant professor in the theater department and the class's instructor.

Some of the course objectives are to have students develop skills in cultivating their artistic and creative vision. Learning the director's role in the theatrical team, analyzing scripts from the director's point of view, working with actors, and working as an artistic community to break down and solve the problems of directing are all a part of the process.

"It's an opportunity for the students to direct an entire play," Dell said, "To learn the responsibilities, the skills and the artistry of directing an entire play."

Students learn all semester about the diverse roles of a director, and the final projects give them a practical way to use what they have been learning.

"The best thing about this class is the experience that we can get, in-class and out, real hands-on experience for directing," said Brandon Brockshus, junior in performing arts.

Lots of hard work and dedication go into making the 10-minute plays happen.

All of the equipment that will be used for each play will be carried in vehicles that are provided by the directing students.

The student directors and actors also do their own set-up, and the work is a collaborative effort between the directing students and their actors.

"It really helps you understand all the pro-



Photo: Blake Lanser/Iowa State Daily

As a part of their 10-minute play, Ethan Peterson, junior in performing arts, yells at his brother, Taylor Diles, sophomore in history, who plays the role of a "Big 'ol Klepto." Directing I students select and direct the student plays with the help of other students as the final exam for the class.

cesses that go into making a production, and it's very helpful to see it from a director's point of view because, rather than just acting, it helps you better understand other things to look for," said Noah Allyn, Directing I student and sophomore in pre-liberal studies.

Despite all of the hard work put in to create the final performances, students in the class said the project is similar to final exams in other

classes.

"It takes about the same amount of time as any other final is going to take," Brockshus said.

The plays are intended to be a compilation of the semester's work for the class.

Students get to use their newfound directing skills and use the performances as a celebration, allowing them to blow off steam from other finals by having a enjoyable time with each other.

10 Minute Play Festival

- Where: Maintenance Shop
- When: 7 p.m. Dec. 10 and 1
- Cost: Free

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Kiersten Naberhaus

By Julia Ferrell
Ames247 Writer

Kiersten Naberhaus, senior in English education, is preparing for the theater department's Directing I class 10 Minute Play festival, which will be held in the M-Shop on Monday and Tuesday. Naberhaus and other students in the class each directed their own play, and worked with other student actors.

Q: Could you explain the play you're directing?

A: "On the Edge" is a play about two high school students, Gene and Sammy. They're at a party and Gene has decided to commit suicide. He's had a pretty rough go of it the past year. He's been bullied and pushed around and the girl he likes is fooling around with another guy. So he decides to commit suicide and Sammy kind of stumbles upon him in the act of it and tries to figure out what is going on. They talk and end up divulging a lot of life stuff to each other. They pretty much find courage in each other to take on the world.

Q: Is this the first time you've directed or been in charge of a show?

A: I've directed for Nevada Parks and Rec my freshman year of college. But that was little kids and it was "Frosty the Snowman." But I've stage managed and assistant stage managed, and I do props too. This is the first time I've been able to direct a play without children.

Q: What made you want to take Directing I?

A: I am going to be a high school English teacher. Actually, my dream job would be high

school speech and theater teacher. I wanted this directing experience to help prepare me for guiding my future students in creating really well done and amazing theater. I really believe that theater, in all of its various facets, can help young people grow in so many ways and teach them so many things about life - things like responsibility, empathy and especially trust and collaboration. If I want my students to be able to glean these life skills from theater experiences, then I need to be able to provide a successful environment for them to work in.

Q: What has been your favorite part of this?

A: I have my ideas that I bring to the table, but seeing how the actors take those ideas and make those into something I'm not capable of completely figuring out on my own has been really fun and really interesting. There have been times I've said "Guys, I'm not sure how this works or what the attitude in this scene is supposed to be" and we play with it and our ideas together make something amazing.

Q: What has been the biggest challenge for you?

A: The biggest challenge for us is that the play takes place on the edge of a balcony and we obviously can't rehearse on the edge of an actual balcony so we've had to make due with desks and chairs. It's a challenge more for my actors who are trying to have a sense of urgency about the situation when in reality their feet are planted on the ground. We actually rehearsed outside on the steps of a dorm building, somewhere out of everyone's way of course, and had a fantastic rehearsal because having the actors four feet off the ground made everything a little more intense. We got in trouble though. Someone walking by came and yelled at us for "inappropriate use of campus facilities." Handling that situation was definitely a challenge. I mean, I understand their concern, but it was a little frustrating.

Know a student who would make an interesting profile? Let us know at ames247@iowastatedaily.com

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Interview:

For more of Kiersten's interview, including video and photos, visit ames247.com



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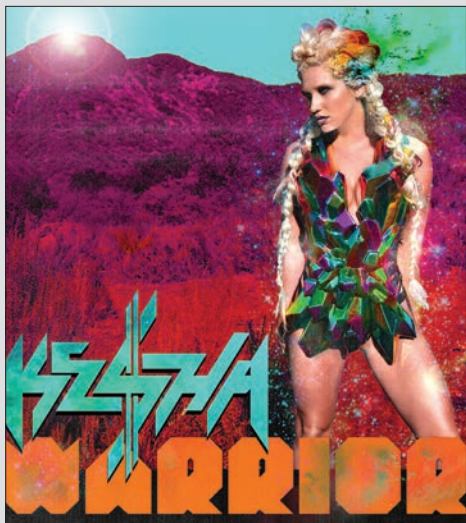


Photo courtesy of RCA Records

Music: 'Warrior'

By Maggie McGinity

"Warrior," Ke\$ha's sophomore album, digs deeper into the fiercely fun techno-pop sound of her earlier recordings while finding some new sounds and risks. "Die Young," the first single off "Warrior," leads with a flirty chorus and quickly gets into a mix of rap and auto-tuned crooning on the verse. The infectious beat and drums, along with Ke\$ha's insistent demand that the listener "make the most of the night like we're gonna die young," makes the track hard to get out of your head even after you've turned it off. The album tears off in a new, rocking direction with "Dirty Love," a sassy track featuring Iggy Pop. Ke\$ha's voice gets growling on this tune and is complemented by a choir in the background. The trap-set drums on this tune are refreshing when compared to the synth drums and beats which dominate this album. Ke\$ha gets help from The Strokes on "Only Wanna Dance With You." The song has fun keys and a great beat which help tell the story of a girl who starts out "So over it with love" and ends up "I only wanna dance with you." The whole track is a little bit '80s in the vein of Cyndi Lauper's "Girls Just Wanna Have Fun." "Love Into the Light" starts off slow and quiet, an eerie held bass note soon joined by a slow drum machine beat. During the verses, this track is about as stripped down as techno can get, as Ke\$ha admits neither she nor the world is perfect. In the chorus, hopeful tones and background vocals request that we "forget about the hate," and suggest "Maybe it's about the time to let all of the love back into the light." This optimistic track is stylistically different from most of the other "Warrior" songs, but wraps up the album nicely.



Photo courtesy of Wikimedia

Game: 'WiiU'

By Levi Castle

The Wii U is here, and it's packing a real punch unlike any that Nintendo has dealt before. With so many new changes to the console, the Wii U's features are both obscure and yet so innovative that they could change gaming forever — and probably have — much like the original Wii did. I've seen the console in person. I think the unit itself is rather unremarkable; it's just a black (or white) rectangle with roughly the same look to it as the Wii (with curved sides) but larger with no obvious slants like its predecessor. As someone who likes his stuff to look cool, attractive and ready to be displayed, I think the console is rather "meh." The gamepad, however, is the definition of a technological hybrid; it is a tablet mixed with a gaming controller that can do nearly everything that defines both. The Wii U is Nintendo's first HD console. That's not a feature that is necessarily breathtaking, considering it is now the next generation of consoles and Nintendo is a little late to the HD party. Let's just say that if this thing didn't have HD, that would probably be a major disaster in lots of gamers' eyes. The original Wii should have supported it, so HD in the Wii U was practically a requirement. The increased performance allows for experimental (and sometimes awesome) uses of the gamepad. Say you want to snipe in a game: Just lift the gamepad in front of the TV and hold it there for it to show a scope and help you precision-snipe and zoom in on where it is relative to what's on the actual TV. This is just one of many, many examples of how the Wii U's games will attempt to engage gamers more than ever.

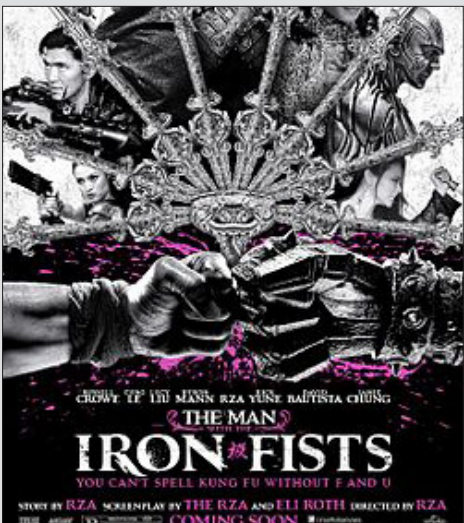


Photo courtesy of Arcade Pictures

Movie: 'The Man With The Iron Fists'

By Nick Hamden

When Quentin Tarantino attaches his name to a movie, you automatically know one thing: There will be blood. All of his movies are higher on the violence scale, and "The Man With The Iron Fists" is no exception. However, this movie is only presented by Tarantino, and it is actually directed by RZA, more well known as the "leader" of the Wu-Tang Clan. "The Man With The Iron Fists" is a gritty martial arts movie, bringing back elements that are lacking from more modern movies. Set in Jungle Village, China, a local clan leader is assassinated, causing uneasiness and strife in a town filled with sin. An eclectic mix of fighters and weaponry are bought in to both save and burn the village, including the son of the clan leader, the usurper, mercenaries, British diplomats, the madam of a brothel and the local blacksmith. The creativity that goes into the movie's fight scenes and weapons is a refreshing sight. While the fighting is choreographed, it looks a bit less polished to give the movie a natural feeling. However, some unnecessarily slow plot points seem to have been thrown in the middle of the story, and really take away from the rest of the movie. RZA himself is a bit too calm to carry the responsibilities of the leading man, but the rest of the actors in the film make up where he is lacking in range, especially Russell Crowe and Lucy Liu. The action in the movie is quite entertaining, displaying some Tarantino influence. You just have to get through some of the boring plot elements.



Reviews

247

Online:
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Celebration



File photo: Iowa State Daily

Two girls enjoy a night out in Campustown, on March 22. Many bars in Campustown offer special deals for customers' birthdays, such as a free beer or a shot tour.

Campustown bars offer birthday deals

By Cole Komma
Ames247 Writer

Campustown is no stranger to the celebratory number 21 that has become a right of passage into adulthood.

Several Ames bars offer special drinks for birthday girls and boys.

"Bars here do what is called a 'shot tour,'" said Jason Crimmus, manager of Charlie Yoke's. "Every bar has a special birthday something-or-other."

The Charlie Yoke's shot tour involves a bartender's choice of specialty shots, ranging from straight alcohol to fruity concoctions.

"Mine is usually a RumChata, a shot of Fireball whiskey, and then usually a Tootsie roll or something not as strong to finish it off," said Betsy Henson, a Charlie Yoke's bartender. Henson said the shots given depend on many factors, such as the person's gender and how much they have had to drink before the tour.

"The most fun part about our birthday special is that we ring the bell and cheer," Crimmus said. "We make a spectacle out of it."

Trent Fichter, assistant manager of Welch Ave. Station, said his bar has a different approach to birthday specials.

"We offer a free beer or drink of the custom-

Ames birthday specials

Charlie Yoke's

Shot chain (bartender's choice)

Welch Ave. Station

Free beer or drink

Cafe Beaudelaire

Snakebite specialty shot

Mickey's

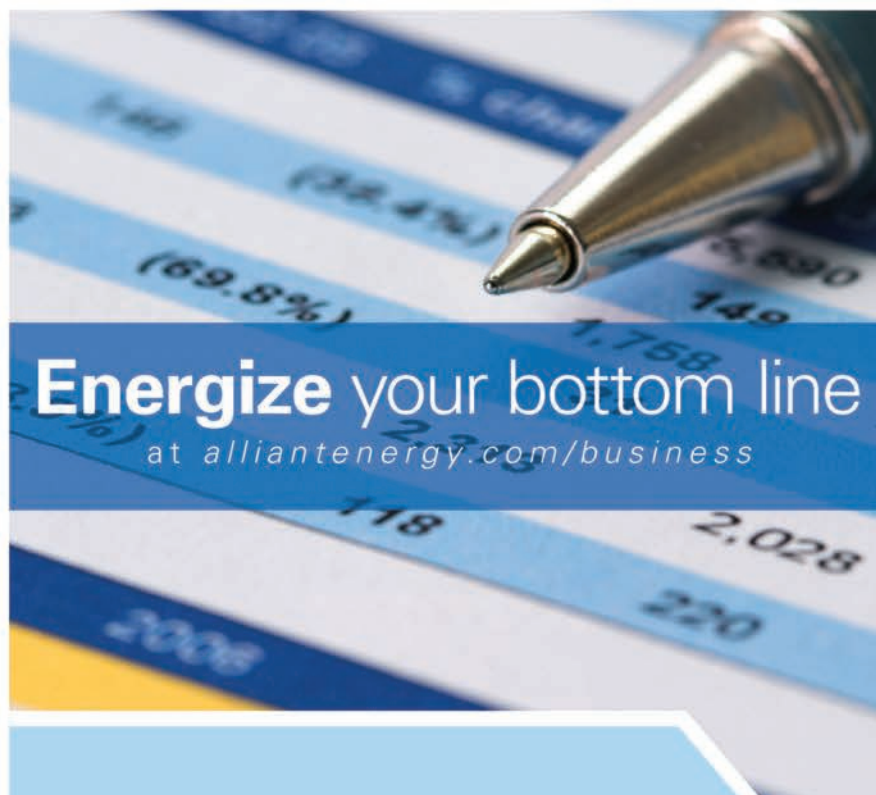
Two-for-one birthday shots

er's choice," said Fichter.

Fichter noted the bar does not offer a series of shots, but said their method is better for business.

"It allows time for [the person whose birthday it is] to sit down and drink their drink, which can encourage the friends they are with to buy drinks as well ... instead of offering a shot and having them slam it," Fichter said. "Then they'll just move on to the next bar."

The path to adulthood is a long and grueling one. But sometimes the best thing to do is to relax and responsibly enjoy a nice, cold drink.



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Holiday Gift Guide 2012

Tasteful, flavorful presents for the foodies on your list

By Phil Canada
AmesEats Flavors writer

The holidays are a great time to spread joy and these gifts will surely bring a smile to that special foodie in your life.

1. Everything But... gift box, \$36

This starter kit includes 15 herbs and spices that every kitchen needs.

Where to get it: Allspice, 400 E. Locust St. in Des Moines

2. Umbra Drinking Buddy beer bottle opener, \$14.50 + shipping



Photo courtesy of KitchenAid

Never drink alone with this friendly chrome bottle opener by your side. It makes a great stocking stuffer.

Where to get it:
Amazon.com

3. "Cooking" by James Peterson, \$29.70 + shipping

The size of this book can seem intimidating, but it is truly a great kitchen education book.

Plus, it's loaded with 600 recipes and 1,500 photographs sure to make your mouth water.

Where to get it:
Amazon.com

4. Veg Out, \$38

Perfect for the vegetarian in your life.

This collection of herbs, spices, olive oil and balsamic vinegar was seemingly designed to go perfectly with vegetarian dishes.

Where to get it:
Allspice, 400 E. Locust St. in Des Moines

5. MemoMug Slim, \$10 + shipping

Great for that caffeine-addict OCD in your life. Keep track of the day's tasks on your coffee mug.

Where to get it: Fab.com

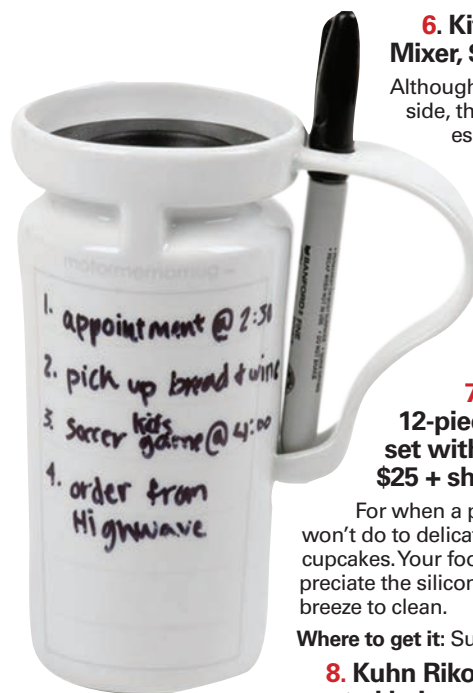


Photo courtesy of Highwave

6. KitchenAid Stand Mixer, \$229.99

Although on the expensive side, this stand mixer is an essential appliance in any kitchen, especially for those who love to bake. With countless attachments this machine can do almost everything.

Where to get it:
Target

7. Fat Daddio's 12-piece large pastry tip set with Silicone, \$25 + shipping

For when a plastic baggy just won't do to delicately frost and decorate cupcakes. Your foodie friend will appreciate the silicone piping bag that is a breeze to clean.

Where to get it: Surlatable.com

8. Kuhn Rikon color serrated knives from Cooks Emporium, \$11.95 each

These great knives come in a variety of colors and patterns, such as zebra print and hot pink polka dot.

Where to get it: Cooks Emporium, 313 Main St. in Ames

9. Fruit Infusion Natural Fruit Flavor Pitcher, \$24.95

This pitcher allows you to add fresh



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fruit flavor to your favorite drinks such as tea or even just water.

Where to get it: Cooks Emporium, 313 Main St. in Ames

10. 33 Beers Tasting Journal, \$4 each or \$10 for a 3-pack

A great way to keep track of your favorite beers or remember the ones you never want to drink again.

Where to get it: 33beers.com



Photo courtesy of Kuhn Rikon

Baked goods



Photo courtesy of Flickr/Sarah R

Homemade food-in-a-jar gifts are inexpensive and easy to make. All you need are a few ingredients and a Mason jar.

DIY: Food-in-a-jar gift ideas

By Janey Rose Kinley
AmesEats Flavors writer

Looking for an inexpensive gift to give your family and friends that still shows you care? These food-in-a-jar recipes are inexpensive, simple to assemble, and will help the gift receiver incorporate more of those essential whole grains into his or her diet.

Simply layer ingredients in a jar and include a tag with the needed add-in ingredients and directions. Here are a few ideas to get you started:

Whole-wheat muffins

In the jar:

- 2 cups whole wheat flour
- 2 tablespoons ground flax
- 3 teaspoons baking powder
- 3 tablespoons brown sugar
- 1/2 cup add-ins (chocolate chips, nuts, dried fruit, etc.)

Layer these ingredients in a Mason jar

and decorate with ribbon or bows.

On the tag:

- 2 beaten eggs
- 1 cup milk
- 2 tablespoons melted butter

Stir together dry ingredients and make a well in the middle. Stir together wet ingredients and pour into the well.

Combine until just moist. Bake in prepared muffin tin at 375 F for 20 minutes.

Dark chocolate whole-wheat brownies

In the jar:

- 3/4 cup whole wheat flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/4 cup chopped nuts (optional)

On the tag:

- 1 egg
- 1/2 cup coconut oil
- 1/2 cup honey
- 1 tablespoon vanilla

Melt the coconut oil and honey together with the vanilla. Once melted, whisk the dry ingredients into the wet.

Add egg and whisk until thoroughly mixed.

Pour into a greased 9-by-9-inch pan and bake at 350 F for 16 to 20 minutes.

Whole-wheat combread

In the jar:

- 1 cup cornmeal
- 1 cup whole wheat flour
- 2 tablespoons brown sugar
- 4 teaspoons baking powder
- 2 tablespoons brown sugar

On the tag:

- 2 beaten eggs
- 1 cup milk
- 1/4 cup oil

Make a well in the dry ingredients. Combine wet ingredients and pour into the well. Stir until just smooth.

Pour into a 9-by-9-inch pan and bake at 400 F for 25 minutes.

Comfort food

Create new holiday traditions this year with Jewish influences

BySteph Ferguson
AmesEats Flavors writer

Holidays come with many different traditions. Instead of the traditional Christmas turkey, casseroles and pie, try out traditional Jewish cuisine for Hanukkah. Brisket and bagels are very traditional Jewish foods to have at celebratory events. Matzo ball soup and gefilte fish are also traditional meals. Gefilte fish is a type of fish patty. Latkes are a Jewish potato pancake that is similar to hash browns. Try putting sour cream on top. They're the perfect savory and salty side dish.

Curious about trying something new for your holidays? Try this recipe for potato pancake.

Ingredients

- 1 1/2 pounds potatoes peeled
- 1/4 cup finely chopped shallots
- 2 large eggs, lightly beaten
- 2 tablespoons flour

- 1 1/2 teaspoons salt and freshly ground black pepper
- Vegetable oil for frying

Directions

In a food processor, grate the potatoes. Line a sieve with cheesecloth and transfer potatoes to the sieve. Set sieve over a bowl and twist cheese cloth into a pouch, squeezing out some moisture. Let mixture drain for 15 minutes.

After 15 minutes, pour off liquid from the bowl but leave the white potato starch in the bottom of the bowl. To that starch add the shallots, eggs, flour, salt and pepper. Return drained potatoes to this mixture and toss to combine.

Preheat oven to 200 F. Line a baking pan with paper towels. When you are ready to eat, in a large skillet heat 1/4 inch of oil over medium high heat until hot. Drop heaping spoonfuls of potato mixture and cook for three to four minutes per side; latkes should be golden and crisp on both sides. Eat right away.



Courtesy photo

Instead of the customary holiday recipes, try something new, such as latkes. Latkes are a traditional Jewish holiday food made from potatoes, eggs, shallots, salt, pepper and oil.

Low-fat

Vegetables offer good alternative to seasonal sweets

By Janey Rose Kinley
AmesEats Flavors writer

Craving a change from the traditional fattening recipes so often found this time of year? Unleash your craft skills and channel your inner health fanatic as you build a nutritious and edible centerpiece this Christmas.

All you need in order to cut back on the calories this year (and gain essential vitamins and minerals) is a cart full of your favorite veggies, some craft supplies and some creativity.

Craft supplies

- Bamboo skewers
- Toothpicks

Vegetables

- 2 heads cabbage, any variety (1 big, 1 small)

- 3 bunches broccoli
- 1 large bunch cauliflower
- 1 bunch kale
- 1 red pepper
- 1 yellow pepper
- 1 package cherry tomatoes
- 1 bag baby carrots

Assembly

The cabbage will not be seen, but will act as the trunk of the tree and the point of attachment for the other vegetables. The broccoli will act as the main “branches” of the tree, the kale will be the tree skirt, and everything else will be ornaments.

1. Be sure to thoroughly wash and trim the vegetables where needed. Cut broccoli, cauliflower and peppers into bite-sized pieces. Save some yellow pepper and either use a knife or

star-shaped cookie cutter to make a yellow star to later top the tree.

2. Start building the tree by cutting the stem end off the large cabbage so it will sit flat on a serving platter. Also cut a slice from the top of the cabbage. Cut a little slice from one side of the smaller cabbage so it will sit flat. Place the flat side of the smaller cabbage against the top of the larger cabbage and secure with two or three bamboo skewers.

3. Use a sharp knife to trim down the sides of the cabbage to make it cone-shaped. This will be the tree trunk, so try to keep the shape more full, like that of an evergreen tree.

4. Align the kale leaves along the serving platter to act as the tree skirt. It shouldn't really need secured, but use a few toothpicks if necessary.

5. Continue to use toothpicks to attach the bite-sized vegetables to

the cabbage trunk. Start with broccoli but alternate with other vegetables to get a good mix of “branches” and “ornaments.”

6. Attach the yellow pepper star to the top of the tree using another toothpick.

7. Enjoy with a side of healthy vegetable dip (such as the one below).

Healthy and homemade ranch dressing

- 1/2 cup nonfat plain yogurt
- 1/3 cup light sour cream
- 1 tablespoon minced green onion
- 1 teaspoon dill weed
- 1 teaspoon white vinegar
- 1 tablespoon extra-virgin olive oil
- Salt and pepper to taste

Combine all ingredients and blend until smooth.



Photo courtesy of Flickr/djprybyl

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Style

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HOLIDAY



Courtesy photo

'Tis the season for ugly sweater parties, and ISD Style is here to help. Whether it's a family function or a party with your friends, you can make the best of your horrific holiday sweater.

The ugly sweater

Learn how to rock the seasonal favorite

By Ian Laughead
ISD Style Writer

The beginning of the holiday season can mean only one thing: It's time to bust out the ugly sweaters.

Whether it's for a whole-some family gathering or just a quirky party with your closest friends, these aesthetically horrifying knits are a fun, cheap gimmick that brings many to their first experience in thrifting.

However, the sweaters, as the name suggests, are their own special breed of unattractive.

No one has ever looked like a supermodel wearing one — not even supermodels — but with just a few tricks up those bedazzled-snowflake sleeves, one can make these festive sweaters grandma-chic.

First, go big or go home with your ugly sweater. An Aztec-printed Urban Outfitters pullover is a great thing, but if you bought it firsthand, it's all wrong for one of these parties. The ugly sweater is one of the very few items that belongs in your closet for the purpose of humor only.

A good sport wears the ugliest sweater he or she could find at the local Goodwill or Salvation Army, one armed with as many trees, reindeer,



wreaths, snowflakes, music notes, snowmen, Santas and jingle bells as possible.

Ugly sweater parties may be filled with your very closest friends, but for this specific type of party, leggings will be your best friends.

Chances are, your sweater will be a few sizes too large, and there's nothing better to balance that bulky volume out with some sleek black leggings on bottom. Couple them with a pair of hiking-inspired booties for an especially seasonal style.

Skip the accessories this time around, and let the jingle bells do the talking. Few pieces of clothing have literal bells and whistles, but on the night of your ugly sweater party, your ensemble is going to be loud enough without adding the chandelier earrings.

DIY PROJECTS

Photo courtesy of Michael Kuiken

A good manicure can make a subtle statement. During the holidays, red and green nails are common. By doing something a little more creative, you can grab attention with your nails.

Make a statement with your holiday manicure

Festive nails will turn heads during seasonal gatherings

By Kaylee DeLacy
ISD Style Writer

From the out-of-character weather, you'd never be able to tell, but the holidays are just around the corner. But with this generally comes snow, shopping, sweaters and maybe even Santa Claus.

Our personal favorite part of the winter season is the abundance of parties and social gatherings of every kind. But in our mind, holiday gatherings are a fashion contest.

Whether you want to don the ugliest sweater, sparkliest dress or the roundest Santa costume, fashion is always about the extremes. Nail fashion is no different.

You're probably wondering: Do nails really make that big of a statement? If you've been on Pinterest or any other do-it-yourself blog in the past month, you'll agree that the small beauty accessory can make a huge statement if you do it the right way.

What we have in store for you style enthusiasts is much more festive than alternating reds and greens. Get ready for a look that is more creative, a little trickier, and much more clever than your average nail DIY.

That's right — Christmas tree nails. The fire on your fingers will be much more impressive than simple snowflakes and have more pizzazz than your typical glittered-up reds.

So put your best phalange forward and let's get started.

Here's what you'll need:

- 4 polishes: 1 green, 1 glitter, 1 clear coat, 1 of choice.
- Tape
- Scissors
- Optional: 1 yellow and 1 red polish.

1. Start by applying one to two coats of the color you'd like as your background. A trick we've learned to ensure the polish hardens to your nails is to run your freshly polished fingers under cold water for about five minutes after polishing. Wait until completely dry before moving on.

2. Cut your tape into chunks and lay two chunks diagonally, mirroring each other, leaving free a Christmas-tree shape at the tips of your nails.

3. Paint your tree in the space with as many coats as you want of green polish.

4. Once dry, paint your glitter polish on top of the tree to really make it sparkle.

5. When all the layers are dried, carefully pull off the tape, revealing your lit-up Christmas tree. Optional: Paint a yellow dot at the tip of each tree as the star, and paint red spots as ornaments.

6. Brush a clear coat over all layers to smooth and protect your nails.

7. Look fabulous with your newly festive fingertips.

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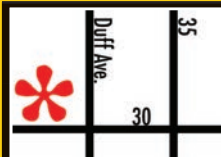
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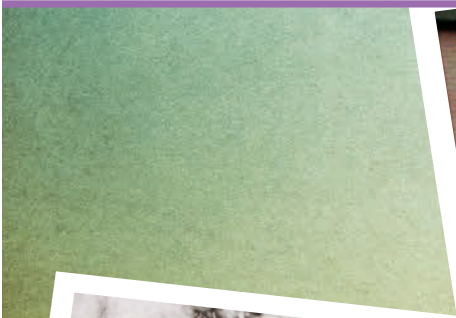
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Horoscope

This Week's Horoscope 12/9 - 12/15

Aries

(March 21-April 19)

The New Moon signals the ending of a time in which you have been under pressure to conform to others' expectations and demands, so leave the past behind and concentrate on broadening your horizons.

Taurus

(April 20-May 20)

The New Moon is illuminating your chart's relationships sector, so grab the chance to turn over a new leaf with someone you know very well. Maybe you've been taking each other too much for granted recently, in which case you now want to woo them all over again.

Gemini

(May 21-June 20)

Your love life enters a new, more positive and optimistic phase, thanks to the New Moon. Be open to the possibilities around you. It also seems that someone is now ready to forget a certain issue and put out the hand of friendship.

Cancer

(June 21-July 22)

The New Moon signals far-reaching career changes. It also seems that you can count on someone in a key position, so do not hesitate to seek them out and ask for their support.

Leo

(July 23-Aug. 22)

The New Moon signals a fresh chapter in your love life. New

doors are opening and the people you are due to meet could introduce you to a more exciting and inspiring world. Life is due to take a more exciting turn as you branch out and meet new people - one of whom could play a major role in your life in the months to come.

Virgo

(Aug. 23-Sept. 22)

The New Moon is filling you with great ideas for your home and family. New Moons are always a good opportunity to start new projects, and right now you'll fare best if you can get ahead with domestic plans. Try to get started in the next few days, your time will soon be taken up with lots of preparations for a special occasion.

Libra

(Sept. 23-Oct. 22)

The New Moon signals a more confident, fulfilling period, in which you can express your feelings and creative talents. New channels of communication are also about to open up, so do not miss the opportunity to bring about important changes.

Scorpio

(Oct. 23-Nov. 21)

The New Moon illuminating your chart's wealth sector gives you a great opportunity to boost your finances and, in doing so, provide for your future. It's a good time for getting new ventures off the ground - and if you start something new now, it stands a very good chance of being a success.

Sagittarius

(Nov. 22-Dec. 21)

With the New Moon illuminating your own sign this week, you're now in a good position to push ahead with personal plans and also to make any constructive changes that are necessary in your life. And if anyone's going to come up with brilliant ideas, it's you!

Capricorn

(Dec. 22-Jan. 19)

The New Moon illuminates your chart's most private sector and suggests that you're about to embark on a rather secretive exploit or encounter. Should you be contemplating something like this, ask yourself whether you'll be able to carry it off properly or whether you'll slip up and land in hot water.

Aquarius

(Jan. 20-Feb. 18)

Major changes will be happening in your social life as you enter a more upbeat and exciting phase, thanks to the New Moon. Someone you meet now could boost your confidence in an unexpected way. Cerebral pursuits can also be great fun, so now's the time to go back to school.

Pisces

(Feb. 19-March 20)

The New Moon signals that there are positive, important career changes underfoot, so do not be afraid to take a risk and follow your own star. Your sixth sense for how to impress someone whose support you need to get ahead will not let you down, so go all out for what you want and be ambitious.

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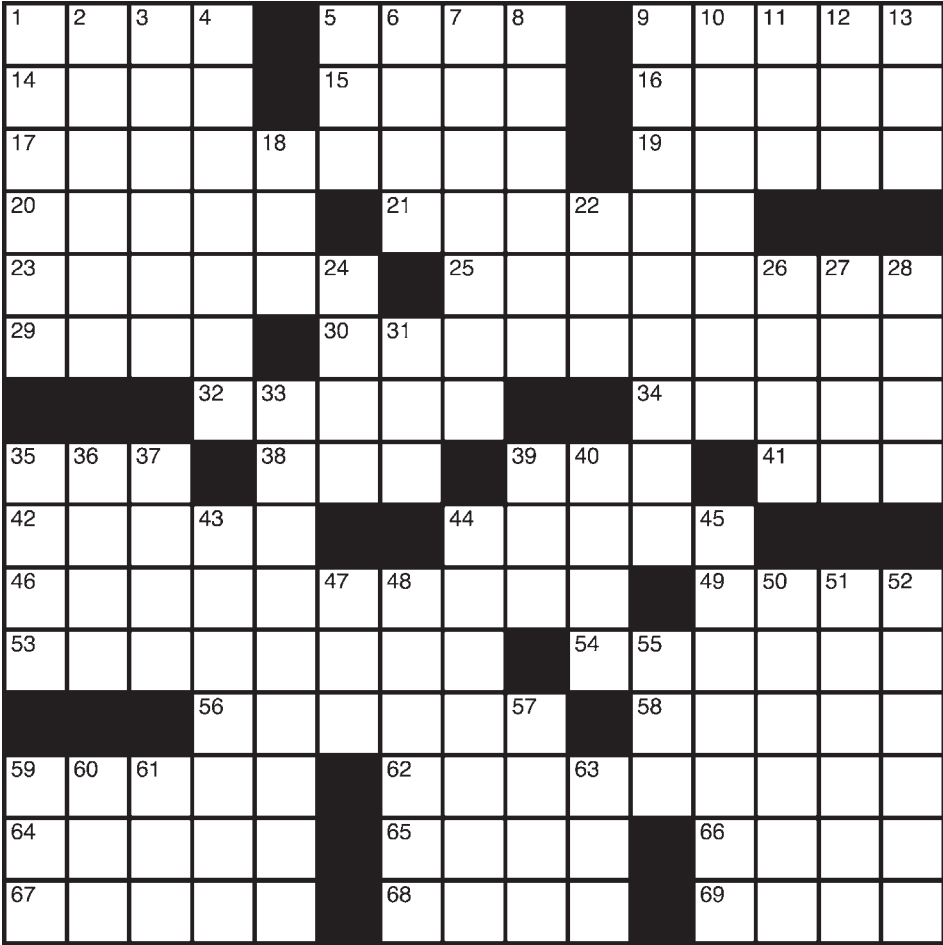
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Crossword



Across

- 1 "Now!" in the ICU
- 5 Rm. near the ICU
- 9 Topping enjoyed after blowing out candles
- 14 Something made before blowing out candles
- 15 Actress Olin
- 16 1976 Olympics star Comaneci
- 17 Eponymous son of auto pioneer Henry
- 19 Easy gaits
- 20 Overuse, as a privilege
- 21 Like a right not exercised
- 23 It's everything, so they say
- 25 Kind of warfare or fighter
- 29 Leaf part
- 30 Truck stop purchase
- 32 Catalog biggie
- 34 Otherwise
- 35 Lively Irish dance
- 38 Legislative assent
- 39 Prohibit
- 41 Year, in Spain
- 42 "___ directed": medication warning
- 44 Hockey disks
- 46 Colorful coral reef dweller
- 49 Shoreline protection gp.
- 53 Handshake words
- 54 Magazine bigwig
- 56 In exactly this way
- 58 Open-air lobbies
- 59 Ancient storyteller

- 62 True nature, and, literally, what can be found in 17-, 30- and 46-Across
- 64 Insurance spokeslizard
- 65 Lo __; noodle dish
- 66 Run into
- 67 Not from around here
- 68 Performing __
- 69 ORD postings

Down

- 1 Gym duds
- 2 Snippet of gossip
- 3 Presuppose
- 4 Game with virtual suburbanites
- 5 Munchkin kin
- 6 Cat's complaint
- 7 Makes really angry
- 8 Half a diameter
- 9 Connect, as chain parts
- 10 Capital of Wales
- 11 Altar oath
- 12 "Picked" complaint
- 13 Nitrogen or helium
- 18 Sportscaster Berman
- 22 Geese flight formation
- 24 Aussie greeting
- 26 Roman moon deity
- 27 Ponce de __
- 28 Voice below soprano
- 31 Wrath
- 33 Gave more freedom to
- 35 Dench of Bond movies

- 36 Words before stake or risk
- 37 Precious stones
- 39 Train alternative
- 40 Throb
- 43 Facetiously
- 44 Pale lager beer
- 45 "No problem with that"
- 47 "___ Misérables"
- 48 Daughter of Muhammad
- 50 "Sesame ___"
- 51 Like a Slinky
- 52 Skin transplants
- 55 Patriotic women's org.
- 57 Handling the job
- 59 Turkish bigwig
- 60 Electric swimmer
- 61 Poli __
- 63 USN rank

Page 52 solution



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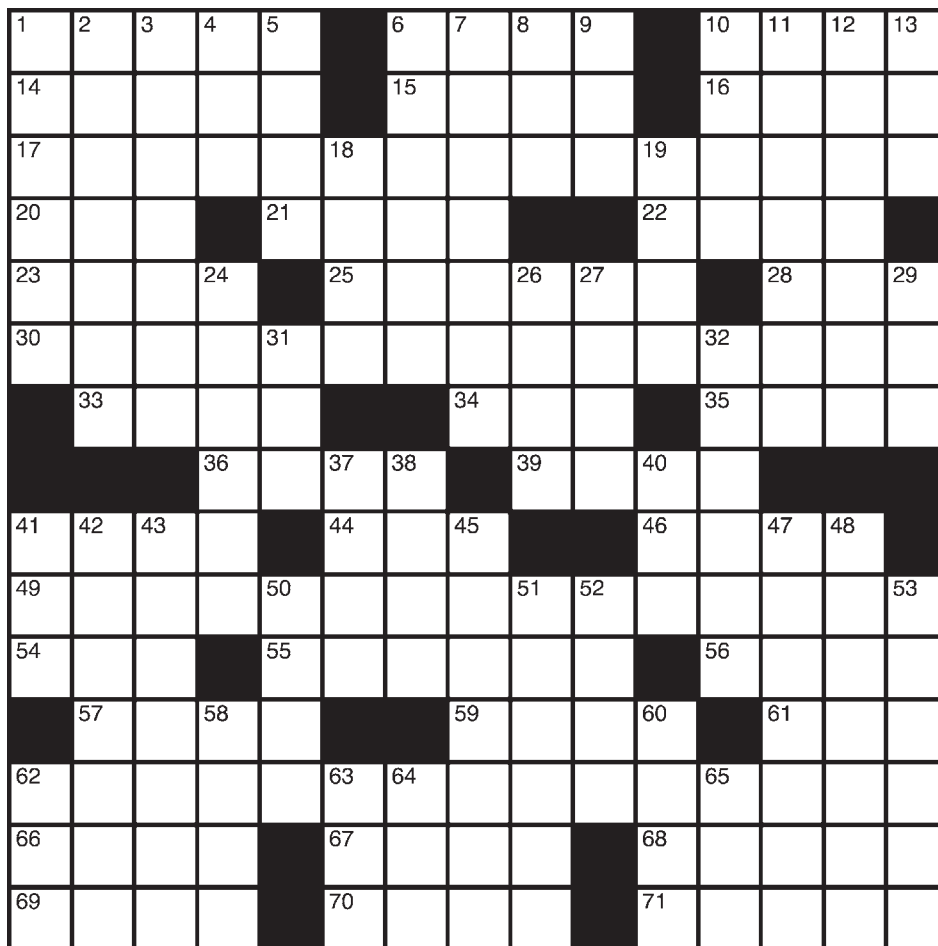
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Crossword



Across

- 1 Life and Risk
6 Pkg. markings
10 Yoda trainee
14 Lacking a point
15 ___-dieu
16 Nativity scene animals
17 12
20 ID theft target
21 ___-Aid
22 Memo lead-off
23 Our Gang word spoken with a hand signal
25 Garage type
28 Spring growth
30 12
33 Detective Wolfe
34 Room with a remote
35 Yet again
36 Norwegian throne name
39 Color like aqua
41 1990s Expos manager
44 ___ long way: help considerably
46 Shooter ammo
49 12
54 Pointe balancing point
55 Versatile veggie
56 Go another way
57 Set up a Titleist, say
59 "Vamoose!"
61 Collector's objective
62 What this puzzle's three identical clues can represent
66 Ex-Dodger Hershiser

- 67 Revival meeting shout
68 Prefix in skin care brand names
69 Rapids phenomenon
70 Cool one's heels
71 Full of spunk

Down

- 1 Martini with a onion
2 Cox sitcom co-star
3 Influential businessperson
4 Tolkien creature with branches
5 Car radio button
6 City area associated with affluence
7 Install beforehand, as software
8 Org. with moles
9 Th.D.-issuing school
10 "Benny & ___": Depp film
11 Like many commuter towns
12 "Indochine" Oscar nominee Catherine
13 QB's flub
18 Innocent's claim
19 Publication sales fig.
24 Bad news upon arriving at home?
26 Website with gadget reviews
27 Super-duper
29 Morning moisture
31 South-of-the-border sun
32 Gift
37 Soil-related prefix
38 Racer A.J.

- 40 Kwik-E-Mart proprietor
41 Do one's part?
42 Bodysuit named for a trapeze artist
43 Like the jack of hearts
45 Chagrined
47 Ones who make you chuckle
48 Ones who make you guffaw
50 Prom hairstyle
51 Natural gas component
52 "Continue ..."
53 Where work piles up
58 "Little" girl in "David Copperfield"
60 Vegas figures
62 Fawning critter
63 Catch red-handed
64 "I didn't need to hear that," in texts
65 Senator's assent

Page 53 solution



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Crossword

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| | | | 36 | 37 | | | | 38 | | | | | | |
| 39 | 40 | 41 | | | | | 42 | | | | 43 | 44 | 45 | 46 |
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| 51 | | | | | 52 | 53 | | | | 54 | 55 | | | |
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| 60 | 61 | | | | | | | 62 | | | | | | |
| 63 | | | | | | | | 64 | | | | | | |
| 65 | | | | | | | | 66 | | | | | | |

Across

- 1 Song title spelled out in a 1967 hit
- 8 Wicket defender
- 15 Composer Vivaldi
- 16 People people?
- 17 Crick who co-discovered DNA structure
- 18 It went down in history
- 19 Start of quote attributed to Victor Hugo
- 21 Troubadours' instruments
- 22 Follower of Stalin?
- 23 Tale spinner
- 26 Bastille Day season
- 27 Coal carrier
- 30 Statue at St. Peter's
- 31 Pachy- add-on
- 33 Quote, part 2
- 36 Novelist Ferber
- 38 Met, as a bet
- 39 Quote, part 3
- 43 Crash site?
- 47 Elegant tapestry
- 48 Saintly ring
- 50 Rock's __ Lobos
- 51 Volvo competitor
- 52 __-Julie, Quebec
- 54 Round at the saloon
- 56 End of the quote
- 60 Barbecue cook
- 62 Head-in-the-clouds sort?
- 63 Meet unexpectedly
- 64 Fraction, e.g.

- 65 Protective sac for some embryos
- 66 Locks overhead

Down

- 1 Offered as a door prize, say
- 2 Going somewhere
- 3 First-pitch thrower
- 4 Florence's __ Vecchio
- 5 Form into a sac
- 6 MXXX ÷ X
- 7 Deep-six
- 8 Second Hebrew letters
- 9 Trying to lose, with "on"
- 10 Bandleader Puente
- 11 Stud farm studs
- 12 Kin of "Sacre bleu!"
- 13 D-backs, on scoreboards
- 14 Defense advisory gp.
- 20 It marches and flies
- 24 Verizon rival, initially
- 25 Stadium sound
- 28 Royal sari wearer
- 29 Turkish titles
- 30 English poet laureate, 1790-1813
- 32 Like diets based on body type
- 34 Workplace protection org.
- 35 Have a hunch
- 37 Functional opening
- 39 Scale notes
- 40 Author Levin
- 41 Coming apart at the seams?

- 42 Kojak, to friends
- 44 Fatty-acid ointments
- 45 Like some conclusions
- 46 States categorically
- 49 Bind legally
- 52 16-Across reversals
- 53 Spasm
- 55 Red-wrapped cheeses
- 57 Radius neighbor
- 58 Ramadan practice
- 59 At an end
- 60 Univ. sr.'s exam
- 61 Persian, e.g.

Page 50 solution

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | A | T | E | M | E | R | I | C | I | N | G |
| W | I | S | H | L | E | N | A | N | A | D | I | A |
| E | D | S | E | L | F | O | R | D | T | R | O | T |
| A | B | U | S | E | W | A | I | V | E | D | | |
| T | I | M | I | N | G | G | U | E | R | I | L | L |
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| | | | | S | E | A | R | S | I | F | N | O |
| J | I | G | A | Y | E | B | A | N | A | N | O | |
| U | S | E | A | S | | P | U | C | K | S | | |
| D | A | M | S | E | L | F | I | S | H | U | S | C |
| I | T | S | A | D | E | A | L | E | D | I | T | O |
| | | | J | U | S | T | S | O | A | T | R | I |
| A | E | S | O | P | | I | N | N | E | R | S | E |
| G | E | C | K | O | | M | E | I | N | | M | E |
| A | L | I | E | N | | A | R | T | S | E | T | D |



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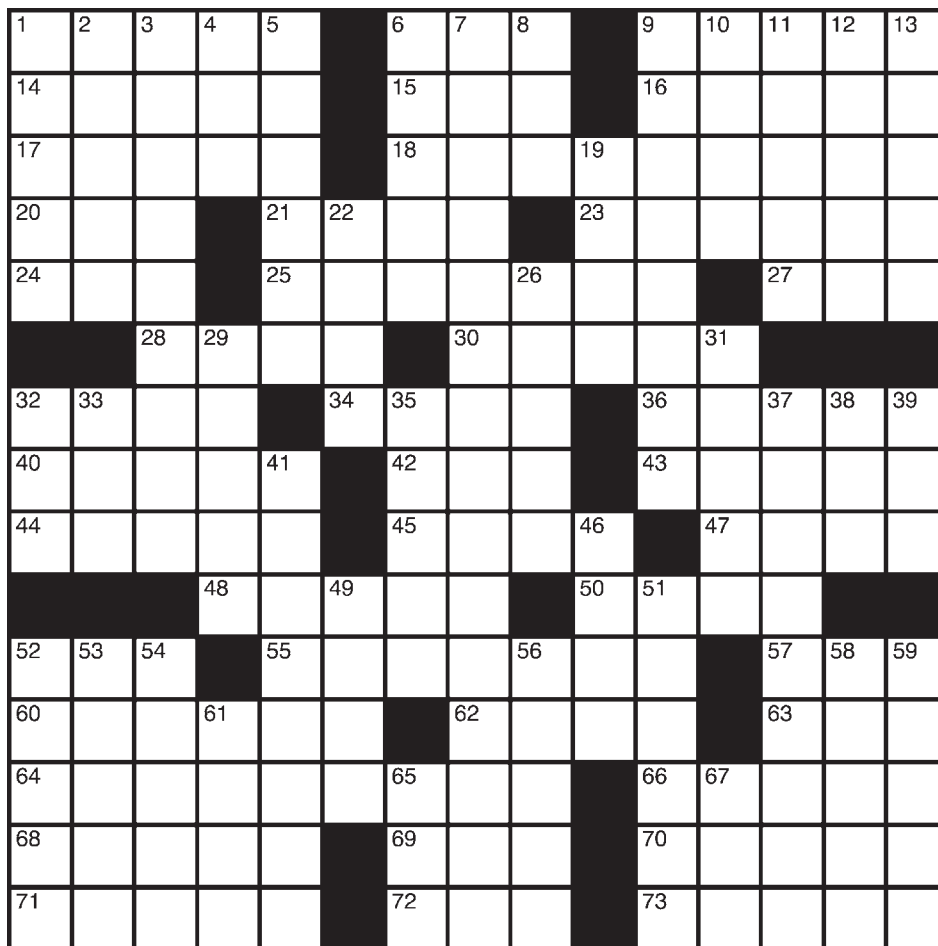


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Crossword



Across

- 1 *Century maker
- 6 Berlin beef?
- 9 They may be lost or frozen
- 14 Ishikari Bay city
- 15 Before, before
- 16 How holes are rarely made?
- 17 Red Square honoree
- 18 Title in a Shakespeare title
- 20 Chair part
- 21 Karmann __: classic VW
- 23 *Name of eight English kings
- 24 [As written]
- 25 *Engenders
- 27 Pageboys et al.
- 28 Down Under runners
- 30 Banks of Chicago
- 32 Suffragist Julia Ward __
- 34 Michigan, to Mitterand
- 36 Tippler
- 40 Hindu teacher
- 42 Sajak sale
- 43 Arab League founding member
- 44 Carpentry joint component
- 45 History
- 47 Many presidential periods
- 48 Joined a jam
- 50 Business opening
- 52 Kentucky Colonels' org.
- 55 *To whom Hamlet said, "O, I die"
- 57 Glove box item
- 60 *Certain psychic
- 62 Comes together

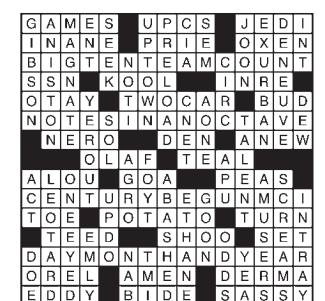
- 63 One-time link
- 64 Seeing red?
- 66 Hues
- 68 Sombrero wearer
- 69 Sombrero, e.g.
- 70 Mark Twain, for one
- 71 Emotionless
- 72 Poehler of "Parks and Recreation"
- 73 Reason to wear shades (and a word for which you have to 7-Down to find a word, different in each case, that can follow a starred answer)

Down

- 1 Hurlled weapons
- 2 Development sites
- 3 "Atonement" author
- 4 Champagne shout
- 5 Panda's skill, in a 2008 film
- 6 Auspices
- 7 See 73-Across
- 8 Egg source
- 9 Carefree quality
- 10 From the top
- 11 Snap
- 12 Janvier, across the Pyrenees
- 13 Elates
- 19 Seagull relative
- 22 It often winds up in a yard
- 26 Some Deco works
- 29 Office joggers

- 31 Alpine peak
- 32 '40s-'50s D.C. initials
- 33 Have a mortgage
- 35 South American forest dweller
- 37 What might involve reminiscing about old flames?
- 38 Place to chill out
- 39 TDs may end them
- 41 Dashing, maybe
- 46 Follow
- 49 Hefty volume
- 51 Attend alone
- 52 Screwy
- 53 "John Brown's Body" poet
- 54 Hersey's "A Bell for __"
- 56 Irritable
- 58 Rose oil
- 59 Outmoded
- 61 Pitching wedge, e.g.
- 65 "Now I get it!"
- 67 Not well

Page 51 solution





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Sudoku
by the Mephram Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | 9 | | | 7 | |
| 6 | | | 7 | 3 | | | 1 |
| 1 | 7 | 5 | | | | | |
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| 7 | | | 3 | 9 | | | 8 |
| | 2 | | | 1 | | | |

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|---|---|---|---|---|---|---|---|
| | | | | | 8 | | 6 |
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| | 9 | | | 7 | | | 5 |
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| | 6 | | 5 | 7 | | 8 | |
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| 7 | | | | 1 | | | 9 |
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| | 9 | | | | | 7 | |
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| | 5 | 8 | | 7 | | 9 | 4 |
| | 6 | | | | | | 5 |
| | 7 | 9 | | 6 | | 8 | 2 |
| | | | 1 | | 8 | | 9 |
| | 8 | | 5 | 2 | | | |
| | | 3 | | | | | 7 |

A: LEVEL

1

2

3

4

Puzzle D's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 7 | 4 | 9 | 2 | 5 | 1 | 3 | 6 |
| 9 | 5 | 3 | 1 | 6 | 8 | 2 | 4 | 7 |
| 1 | 2 | 6 | 4 | 3 | 7 | 5 | 9 | 8 |
| 5 | 9 | 7 | 3 | 4 | 1 | 6 | 8 | 2 |
| 3 | 8 | 1 | 6 | 5 | 2 | 4 | 7 | 9 |
| 4 | 6 | 2 | 7 | 8 | 9 | 3 | 1 | 5 |
| 6 | 3 | 8 | 2 | 7 | 4 | 9 | 5 | 1 |
| 7 | 4 | 9 | 5 | 1 | 6 | 8 | 2 | 3 |
| 2 | 1 | 5 | 8 | 9 | 3 | 7 | 6 | 4 |

B: LEVEL

1

2

3

4

Puzzle E's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 | 8 | 9 | 4 | 6 | 3 | 1 | 7 |
| 9 | 7 | 1 | 8 | 2 | 3 | 4 | 5 | 6 |
| 6 | 3 | 4 | 7 | 1 | 5 | 8 | 2 | 9 |
| 3 | 6 | 5 | 1 | 9 | 4 | 7 | 8 | 2 |
| 7 | 4 | 2 | 6 | 3 | 8 | 5 | 9 | 1 |
| 1 | 8 | 9 | 2 | 5 | 7 | 6 | 3 | 4 |
| 8 | 2 | 7 | 3 | 6 | 9 | 1 | 4 | 5 |
| 4 | 9 | 6 | 5 | 8 | 1 | 2 | 7 | 3 |
| 5 | 1 | 3 | 4 | 7 | 2 | 9 | 6 | 8 |

C: LEVEL

1

2

3

4

Puzzle F's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 6 | 3 | 4 | 8 | 1 | 5 | 7 |
| 7 | 3 | 8 | 1 | 9 | 5 | 2 | 4 | 6 |
| 5 | 1 | 4 | 2 | 7 | 6 | 8 | 9 | 3 |
| 4 | 8 | 1 | 9 | 3 | 7 | 6 | 2 | 5 |
| 9 | 2 | 3 | 6 | 5 | 1 | 4 | 7 | 8 |
| 6 | 7 | 5 | 4 | 8 | 2 | 9 | 3 | 1 |
| 1 | 5 | 9 | 7 | 6 | 4 | 3 | 8 | 2 |
| 8 | 4 | 2 | 5 | 1 | 3 | 7 | 6 | 9 |
| 3 | 6 | 7 | 8 | 2 | 9 | 5 | 1 | 4 |

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Sudoku by the Mepham Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.
For strategies on how to solve Sudoku, visit www.sudoku.org.uk

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 2 | | 1 | | |
| | 5 | | | | 8 | | 4 | |
| 1 | | 6 | | 3 | | 5 | | |
| | | | | | | | | |
| 3 | | 1 | 6 | | | | | 9 |
| 4 | | | | | | | | |
| | | 8 | | 7 | | 9 | | 1 |
| | 4 | | 5 | | 6 | | 2 | |
| | | 5 | | 9 | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 4 | | | | 7 |
| 9 | | | | | | | 5 | 6 |
| | 3 | | | | 5 | 8 | 2 | |
| | | | | 9 | 4 | | 8 | |
| | 4 | | | | | | 9 | |
| | 8 | | 2 | 5 | | | | |
| | 2 | 7 | 3 | | | 1 | | |
| 4 | 9 | | | | | | | 3 |
| 5 | | | | 7 | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 3 | | | 1 | | |
| | | 8 | | | | | 4 | 6 |
| 5 | | | | 7 | | | | |
| | 8 | | | 3 | | 6 | 2 | |
| 9 | | | | 5 | | | | 8 |
| | 7 | 5 | | 8 | | | 3 | |
| | | | | 6 | | | | 2 |
| 8 | 4 | | | | | 7 | | |
| | | 7 | | | 9 | | 1 | |

Puzzle A's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 8 | 3 | 9 | 1 | 2 | 6 | 7 | 5 |
| 6 | 9 | 2 | 7 | 5 | 3 | 8 | 4 | 1 |
| 1 | 7 | 5 | 4 | 8 | 6 | 9 | 3 | 2 |
| 5 | 1 | 7 | 8 | 3 | 4 | 2 | 9 | 6 |
| 9 | 3 | 8 | 2 | 6 | 5 | 7 | 1 | 4 |
| 2 | 6 | 4 | 1 | 9 | 7 | 5 | 8 | 3 |
| 3 | 5 | 1 | 6 | 7 | 8 | 4 | 2 | 9 |
| 7 | 4 | 6 | 3 | 2 | 9 | 1 | 5 | 8 |
| 8 | 2 | 9 | 5 | 4 | 1 | 3 | 6 | 7 |

D: LEVEL

1 2 3 4

E: LEVEL

1 2 3 4

Puzzle B's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 3 | 2 | 4 | 9 | 8 | 1 | 6 |
| 1 | 4 | 8 | 3 | 5 | 6 | 2 | 7 | 9 |
| 2 | 9 | 6 | 8 | 7 | 1 | 4 | 3 | 5 |
| 3 | 5 | 2 | 9 | 8 | 4 | 1 | 6 | 7 |
| 4 | 6 | 1 | 5 | 3 | 7 | 9 | 8 | 2 |
| 9 | 8 | 7 | 1 | 6 | 2 | 5 | 4 | 3 |
| 7 | 2 | 5 | 6 | 1 | 8 | 3 | 9 | 4 |
| 6 | 1 | 9 | 4 | 2 | 3 | 7 | 5 | 8 |
| 8 | 3 | 4 | 7 | 9 | 5 | 6 | 2 | 1 |

F: LEVEL

1 2 3 4

Puzzle C's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 9 | 2 | 6 | 5 | 4 | 7 | 1 | 3 |
| 6 | 3 | 5 | 7 | 8 | 1 | 4 | 9 | 2 |
| 7 | 4 | 1 | 2 | 9 | 3 | 6 | 8 | 5 |
| 1 | 5 | 8 | 3 | 7 | 2 | 9 | 4 | 6 |
| 2 | 6 | 4 | 8 | 1 | 9 | 3 | 5 | 7 |
| 3 | 7 | 9 | 4 | 6 | 5 | 8 | 2 | 1 |
| 4 | 2 | 7 | 1 | 3 | 8 | 5 | 6 | 9 |
| 9 | 8 | 6 | 5 | 2 | 7 | 1 | 3 | 4 |
| 5 | 1 | 3 | 9 | 4 | 6 | 2 | 7 | 8 |

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GRIDIRON

Monday, Dec. 10, 2012 >> Iowa State vs. University of Tulsa >> Kickoff at 2:30 p.m. Monday, Dec. 31, 2012 >> an Iowa State Daily sports supplement

Round 2 in Memphis



Graphic: Moriah Smith/Iowa State Daily

New Year's Eve



Josh Lenz looks for members of Kansas State's defense after catching the football Oct. 13 at Jack Trice Stadium. Iowa State will be facing Tulsa for a second time this season on New Year's Eve.

ISU readies for rematch at bowl

By Jake.Calhoun
@iowastatedaily.com

Ever since Dec. 2, ISU coach Paul Rhoads and his staff have been raiding the filing cabinets for anything they could find on Tulsa.

The ISU football team beat Tulsa 38-23 on Sept. 1 to begin its season, but Rhoads said his staff will use the notes from that game along with new game plans to prepare for their rematch in the Liberty Bowl on Dec. 31.

"You have all of your post-game notes from what was good, what was bad, that we have filed away because we're playing them the third game of 2013," Rhoads said. "Now you take the things they've adjusted from a full season's worth of film, take the month of December and put a game plan together."

Forty years from its 31-30 loss to Georgia

Tech in the Liberty Bowl, Iowa State (6-6, 3-6 Big 12) will be returning this time to face Tulsa.

Playing the same team twice in one season is a rarity for Iowa State — the last time it did so was against Coe College in 1905. This creates a new challenge akin to last season when it prepared for the Pinstripe Bowl against Rutgers, which it had never faced before.

"[Playing Tulsa again is] a good thing, but it was the first game of the season we played them," said senior linebacker A.J. Klein. "So we're going to see a lot of new things."

The team's two previous appearances — a win at the 2009 Insight Bowl and a loss at the 2011 Pinstripe Bowl — have helped the coaching staff in preparation for this year's trip to the Liberty Bowl.

REMATCH.p3 >>

National rankings (defense)

Total defense

- Iowa State: 97th, 444.8 yards per game
- Tulsa: 34th, 353.9 yards per game

Rushing defense

- Iowa State: 69th, 165.2 yards per game
- Tulsa: 17th, 121.2 yards per game

Passing defense

- Iowa State: 109th, 279.7 yards per game
- Tulsa: 57th, 233.0 yards per game

Scoring defense

- Iowa State: 35th, 23.3 points per game
- Tulsa: 42nd, 24.2 points per game

National rankings (offense)

Total offense

- Iowa State: 88th, 372.2 yards per game
- Tulsa: 25th, 460.9 yards per game

Rushing offense

- Iowa State: 69th, 154.6 yards per game
- Tulsa: 11th, 240.2 yards per game

Passing offense

- Iowa State: 78th, 217.8 yards per game
- Tulsa: 71st, 220.5 yards per game

Scoring offense

- Iowa State: 84th, 25.2 yards per game
- Tulsa: 31st, 35.0 yards per game



File photo: Huiling Wu/Iowa State Daily

Coach Paul Rhoads and A.J. Klein talk on the sidelines Oct. 6 at Amon G. Carter Stadium in Fort Worth, Texas. Rhoads will lead the Cyclones to Memphis, Tenn. for this year's Liberty Bowl.

>>REMATCH.p2

"We've had plans in place for a number of different bowl game dates," Rhoads said. "Playing on this date, playing on that date, how long we practice here... Now we've got this plan ready to execute."

The Golden Hurricane (10-3, 7-1 C-USA) has already had a rematch this season, having beaten Central Florida once during the regular season and again in the C-USA Championship game.

Stopping Tulsa's rushing attack, which is ranked 11th in the nation with 240.2 yards per game, will be a focal point for the ISU defense. On Sept. 1, Iowa State allowed 160 rushing yards — 125 from running back Trey Watts.

"It's good to see an opponent that we've had success against," Klein said. "But we know they're talented, and it's going to be a different team than what we played the first game of the season."

When asked about the specifics of Tulsa's defense, senior receiver Josh Lenz laughed and said he didn't remember anything about it since the teams played each other three months ago.

One player the TU defense has not seen is quarterback Sam Richardson, who will likely get the start at quarterback for the Cyclones. Even though Rhoads said he had not made a decision on who will be starting at quarterback, he did say Richardson was taking reps with the No. 1 offense.

Losing last year's Pinstripe Bowl to Rutgers made the team — especially the seniors — hungrier to come out on top.

"We definitely want to [end on a good note]," Lenz said. "This is our third bowl game we've



Iowa State
(6-6, 3-6 Big 12)

vs.



Tulsa
(10-3, 7-1 Conference USA)

Where: Liberty Bowl Memorial Stadium (capacity 61,008); Memphis, Tenn.

When: 2:30 p.m. CST Dec. 31

Media: ESPN (TV), Cyclone Radio Network (radio), iowastatedaily.com (coverage)

Notes:

- The Liberty Bowl is the seventh-oldest bowl game in existence, having been played annually since 1959.
- Conference USA's conference champion is typically selected for a berth in the Liberty Bowl.
- Iowa State lost 31-30 to Georgia Tech in the 1972 Liberty Bowl.
- Iowa State is 7-4 all time against teams from Conference USA and is 2-0 all time against Tulsa including this season.
- Follow Jake Calhoun (@JakeCalhoun75), Dean Berhow-Goll (@DeanBG) and Stephen Koenigsfeld (@skoenigsfeld) on Twitter for live updates from the game.

gone to as seniors. Our first one was a great experience... We got a bad taste in our mouth after losing last year.

"We just want to end this thing on the upward slide. It'd be huge for us to get a win in this bowl game."



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|--------------------------------|--|---|--|--|
| |  <div>Jake Calhoun, sports editor (56-42)</div> |  <div>Dean Berhow-Goll, assistant sports editor (63-35)</div> |  <div>Alex Halsted, assistant sports editor (60-38)</div> |  <div>Stephen Koengisfeld, sports online editor (66-32)</div> |
| National Championship | No. 2 Alabama vs. No. 1 Notre Dame | No. 2 Alabama vs. No. 1 Notre Dame | No. 2 Alabama vs. No. 1 Notre Dame | No. 2 Alabama vs. No. 1 Notre Dame |
| Rose Bowl | Wisconsin vs. No. 6 Stanford | Wisconsin vs. No. 6 Stanford | Wisconsin vs. No. 6 Stanford | Wisconsin vs. No. 6 Stanford |
| Fiesta Bowl | No. 4 Oregon vs. No. 5 Kansas State | No. 4 Oregon vs. No. 5 Kansas State | No. 4 Oregon vs. No. 5 Kansas State | No. 4 Oregon vs. No. 5 Kansas State |
| Sugar Bowl | No. 21 Louisville vs. No. 3 Florida | No. 21 Louisville vs. No. 3 Florida | No. 21 Louisville vs. No. 3 Florida | No. 21 Louisville vs. No. 3 Florida |
| Orange Bowl | No. 15 N. Illinois vs. No. 12 Florida State | No. 15 N. Illinois vs. No. 12 Florida State | No. 15 N. Illinois vs. No. 12 Florida State | No. 15 N. Illinois vs. No. 12 Florida State |
| New Mexico Bowl | Nevada vs. Arizona | Nevada vs. Arizona | Nevada vs. Arizona | Nevada vs. Arizona |
| Famous Idaho Potato Bowl | Toledo vs. No. 22 Utah State | Toledo vs. No. 22 Utah State | Toledo vs. No. 22 Utah State | Toledo vs. No. 22 Utah State |
| New Orleans Bowl | East Carolina vs. La.-Lafayette | East Carolina vs. La.-Lafayette | East Carolina vs. La.-Lafayette | East Carolina vs. La.-Lafayette |
| St. Petersburg Bowl | UCF vs. Ball State | UCF vs. Ball State | UCF vs. Ball State | UCF vs. Ball State |
| Poinsettia Bowl | BYU vs. San Diego State | BYU vs. San Diego State | BYU vs. San Diego State | BYU vs. San Diego State |
| Maaco Bowl | Washington vs. No. 19 Boise State | Washington vs. No. 19 Boise State | Washington vs. No. 19 Boise State | Washington vs. No. 19 Boise State |
| Hawaii Bowl | Fresno State vs. SMU | Fresno State vs. SMU | Fresno State vs. SMU | Fresno State vs. SMU |
| Independence Bowl | Ohio vs. La.-Monroe | Ohio vs. La.-Monroe | Ohio vs. La.-Monroe | Ohio vs. La.-Monroe |
| Little Caesars Bowl | Western Kentucky vs. Central Michigan | Western Kentucky vs. Central Michigan | Western Kentucky vs. Central Michigan | Western Kentucky vs. Central Michigan |
| Belk Bowl | Cincinnati vs. Duke | Cincinnati vs. Duke | Cincinnati vs. Duke | Cincinnati vs. Duke |
| Military Bowl | No. 24 San Jose State vs. Bowling Green | No. 24 San Jose State vs. Bowling Green | No. 24 San Jose State vs. Bowling Green | No. 24 San Jose State vs. Bowling Green |
| Holiday Bowl | Baylor vs. No. 17 UCLA | Baylor vs. No. 17 UCLA | Baylor vs. No. 17 UCLA | Baylor vs. No. 17 UCLA |
| Russell Athletic Bowl | Rutgers vs. Virginia Tech | Rutgers vs. Virginia Tech | Rutgers vs. Virginia Tech | Rutgers vs. Virginia Tech |
| Alamo Bowl | No. 23 Texas vs. No. 13 Oregon State | No. 23 Texas vs. No. 13 Oregon State | No. 23 Texas vs. No. 13 Oregon State | No. 23 Texas vs. No. 13 Oregon State |
| Armed Forces Bowl | Rice vs. Air Force | Rice vs. Air Force | Rice vs. Air Force | Rice vs. Air Force |
| Pinstripe Bowl | West Virginia vs. Syracuse | West Virginia vs. Syracuse | West Virginia vs. Syracuse | West Virginia vs. Syracuse |
| Music City Bowl | N.C. State vs. Vanderbilt | N.C. State vs. Vanderbilt | N.C. State vs. Vanderbilt | N.C. State vs. Vanderbilt |
| Buffalo Wild Wings Bowl | TCU vs. Michigan State | TCU vs. Michigan State | TCU vs. Michigan State | TCU vs. Michigan State |
| Meineke Car Care of Texas Bowl | Minnesota vs. Texas Tech | Minnesota vs. Texas Tech | Minnesota vs. Texas Tech | Minnesota vs. Texas Tech |
| Sun Bowl | USC vs. Georgia Tech | USC vs. Georgia Tech | USC vs. Georgia Tech | USC vs. Georgia Tech |
| Kraft Fight Hunger Bowl | Navy vs. Arizona State | Navy vs. Arizona State | Navy vs. Arizona State | Navy vs. Arizona State |
| Liberty Bowl | Iowa State vs. Tulsa | Iowa State vs. Tulsa | Iowa State vs. Tulsa | Iowa State vs. Tulsa |
| Chick-fil-A Bowl | No. 8 LSU vs. No. 14 Clemson | No. 8 LSU vs. No. 14 Clemson | No. 8 LSU vs. No. 14 Clemson | No. 8 LSU vs. No. 14 Clemson |
| Heart of Dallas Bowl | Purdue vs. Oklahoma State | Purdue vs. Oklahoma State | Purdue vs. Oklahoma State | Purdue vs. Oklahoma State |
| Capital One Bowl | No. 7 Georgia vs. No. 16 Nebraska | No. 7 Georgia vs. No. 16 Nebraska | No. 7 Georgia vs. No. 16 Nebraska | No. 7 Georgia vs. No. 16 Nebraska |
| Gator Bowl | Miss. State vs. No. 20 Northwestern | Miss. State vs. No. 20 Northwestern | Miss. State vs. No. 20 Northwestern | Miss. State vs. No. 20 Northwestern |
| Outback Bowl | No. 10 S. Carolina vs. No. 18 Michigan | No. 10 S. Carolina vs. No. 18 Michigan | No. 10 S. Carolina vs. No. 18 Michigan | No. 10 S. Carolina vs. No. 18 Michigan |
| Cotton Bowl | No. 9 Texas A&M vs. No. 11 Oklahoma | No. 9 Texas A&M vs. No. 11 Oklahoma | No. 9 Texas A&M vs. No. 11 Oklahoma | No. 9 Texas A&M vs. No. 11 Oklahoma |
| BBVA Compass Bowl | Pittsburgh vs. Ole Miss | Pittsburgh vs. Ole Miss | Pittsburgh vs. Ole Miss | Pittsburgh vs. Ole Miss |
| GoDaddy.com Bowl | No. 25 Kent State vs. Ark. State | No. 25 Kent State vs. Ark. State | No. 25 Kent State vs. Ark. State | No. 25 Kent State vs. Ark. State |

Cost

ISU fans have options when traveling to Memphis

By Alex Halsted
@iowastatedaily.com

Some 664 miles southeast of Ames lies Memphis, Tenn., the home of the 2012 Liberty Bowl and Iowa State's 12th bowl game in program history.

In late December, many will pack their cars and start south with friends and family to take in the Cyclones' third bowl game in four seasons with Paul Rhoads as their ISU football coach.

On the mind of many — especially college students who are already burdened with student loans, rent payments and things of that nature — will be the details of each little cost that will be racked up during the course of a trip to the Volunteer State.

Gas

Using AAA's gas average of \$3.23 in the Midwest region, which will likely go up during the holiday season, a 664-mile trip at 20 miles per gallon would cost \$107.24 both to Memphis and back to Ames. That brings a round trip on the highways to around \$215 for gas.

Hotel

Factor a hotel in between \$90 and \$130 per night, which a modest hotel in the area seems to go for. Most people will stay at least the night before the game Dec. 30 and probably after the game Dec. 31 since kickoff is set for 2:30 p.m.

Staying Dec. 29 would add an additional cost to the trip.

Ticket

For tickets, students are in luck.

While Iowa State's ticket allotment to the Liberty Bowl is set at \$55 apiece, the ISU athletic department is subsidizing \$30 of that cost for students for up to two tickets. That means anyone with a student ID can go to the game for \$25.

Driving alternatives

Instead of driving, there is the option of flying. Most people would fly out of Des Moines International Airport and, according to Orbitz, a round-trip flight from Des Moines to Memphis would cost around a minimum of \$670.

The cost with some airlines is closer to \$800, making a trip through

the air an expensive option.

A Greyhound bus round trip from Ames to Memphis would cost \$265 for an advanced purchase and \$345 for standard fare. One problem with this option is the long travel time, which Greyhound estimates at more than 21 hours due to its routes and stops.

One big package

The ISU Alumni Association is offering students the opportunity to purchase one big package to take in the bowl game.

Students would take a bus to Memphis, stay in a hotel from Dec. 29 through Jan. 1, 2013, and would receive a ticket to the game.

The prices on this trip vary depending on how many people are go-

ing in a group: One person is \$664 per person, two people would be \$459 each, three people costs \$399 each and four people would come in at \$364 each.

'Walking to Memphis'

For anyone who is curious, it would take 208 hours to walk to Memphis, according to Google.

That would take just more than 8.5 days to get to Memphis from Ames without sleeping or taking breaks.

ISU fans have a few options when deciding how to travel to the Liberty Bowl. But, when they get there, in the words of Marc Cohn:

"Then [they'll be] walking in Memphis... walking with [their] feet ten feet off of Beale... walking in Memphis."

Great things come in three's!



Good luck in Memphis Cyclones!

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One-on-one *with George Amundson*

By Alex Halsted
@iowastatedaily.com

After helping Iowa State to its first bowl game in 1971, George Amundson was back leading the Cyclones when they went to the 1972 Liberty Bowl. In that game Iowa State lost 31-30 to Georgia Tech in front of 50,021 fans in Memphis, Tenn.

As the team's quarterback in that game, George Amundson threw for 153 yards and rushed for another 78 yards in the one-point loss.

Now, 40 years after that Liberty Bowl, Iowa State is headed back to Memphis, Tenn.

What are some of your key memories from the 1972 Liberty Bowl?

The one that stands out is at the very end; we had gone down and scored a touchdown. I looked up at the scoreboard, and it was 30-31; they were ahead, and we could kick an extra point and tie the game. But back then we didn't have tiebreakers or any overtime.

We took a quick timeout, and I went over to [coach] Johnny Majors, and he looked at me and said 'What do you think?' I said, 'Well, lets run X.' Whatever X was, it was my favorite play and let's go for the win instead of a tie.

Of course we ran my favorite play, and of course I guess Georgia Tech knew it was my favorite play, too.

They were sort of waiting there for us and I remember trying to hit Larry Marquardt in the back of the end zone and he was about 6-foot-5, 6-foot-6, and I threw it above him. So I guess I thought he was 10-foot tall. We ended up losing by one, darn it.

That was the second bowl in school history; you helped the team to its first in 1971. What is it like to see Iowa State going to bowl consistently again?

I think it's so wonderful. It's so special for the student athletes to be able to go to a city where you're taken care of and treated awesome. Usually it's in a warmer climate.

You get to do things that you really don't get to do back at your home. Like last year going to the bowl game in New York City. How special was that for a lot of guys?

One of the biggest things that I didn't pick up until I was much older was, 'Gosh this is like another three or four more weeks of practice time that coaches can work on stuff not only for the bowl game but for a year or two to come.'

It's just a big deal to get a chance to play in a bowl game.



Photo courtesy of ISU Athletics

George Amundson, ISU quarterback for the 1972 Liberty Bowl game, is suited up for a game. Amundson helped Iowa State to its first bowl game in 1971 before leading the Cyclones in their first Liberty Bowl game in 1972. The Cyclones lost the '72 game 30-31 to Georgia Tech.

[Athletic Director] Jamie Pollard mentioned that he gave you a call after they found out; what was does that mean to you?

I would be a non-truth teller if I didn't say I was pretty surprised and honored.

At our house with three girls and a wife — and of course the three girls are out of the house already — I never answer the telephone.

I was here by myself, and I let it go to the answer-service thing, and I heard Jamie Pollard's voice, so I quick picked up.

It was pretty special, and it really felt good for him to want to share that with an old-timer. He said he talked to Majors, and I was awfully excited for Iowa State.

Do you have any memories about the city and trip to Memphis?

I remember going to a concert there. Our favorite group for our little house on 820 Duff [in Ames] was Deep Purple, the group. I'll be darned if we didn't go to a concert with them in Memphis. The warm-up group was Fleetwood Mac.

Of course we had a curfew, so the bus was leaving. Deep Purple just came on and of course our favorite song was "Smoke on the Water." We were pretty much feeling awesome about being able to hear that group.

One-on-one *with Wally Burnham*



By Alex Halsted
@iowastatedaily.com

When the Liberty Bowl played its inaugural game in 1959, ISU defensive coordinator Wally Burnham was being recruited by Alabama, one of the two teams playing in that first game. Not long after the game Burnham chose to go play for coach Paul "Bear" Bryant at Alabama. From there, he would have other bowl experiences as a player and coach.

Do you remember watching the 1959 Liberty Bowl on TV?

Oh yeah, I remember. I was being recruited by them, so I remember very well.

As a young kid back in those days, you were excited to know that you were being recruited by somebody that was going to bowls. It might have been the first bowl that Alabama went

to after coach [Paul "Bear"] Bryant came back; I remember that part of it.

It was an exciting time for Alabama football. I didn't know at that time for sure that I was going to be going there, but that made an impression on me because they were in a bowl game.

Is it cooler to go to a bowl with tradition than a recently created bowl?

Yeah. The thing about the Liberty Bowl is it's been around for years and it's never changed its name. It's got some history, there've been a lot of games played there.

That's where coach Bryant coached his last game, in the Liberty Bowl. It's got tradition, some great teams that have played there. So I think it's an honor that we're getting to go play there.

Playing Tulsa again, does that help or does it make it a little more difficult?

We'll go back and we'll evaluate all of their tapes since we've played them [on Sept. 1] and see what changes they have made in their offense and what they're doing that might be different.

The only thing you would be concerned about, which you doubt if they do, is make big-scale changes. And I don't think that's going to happen.

They'll have some kind of new wrinkle for us, but you have that in any game. Everybody has one or two plays they're going to put in.

File photo: Iowa State Daily

Wally Burnham, defensive coordinator for Iowa State, gets fired up after a successful play Sept. 9 at Kinnick Stadium. Burnham said that going to a bowl with a long tradition and a lot of history is an honor for Iowa State.



For more info:
Read all of Burnham's interview online at iowastatedaily.com

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TULSA

Tulsa Defense

ISU Offense

D. Dobbins
#9 - CB

D. Jennings
#27 - OLB

D. McCoil
#26 - FS

D. Hawkins
#43 - ILB

D. Nelson
#20 - SS

S. Jackson
#55 - OLB

L. Rose
#7 - CB

C. Dorris
#93 - DE

D. Bufford
#54 - DT

D. Jackson
#92 - DT

J. St. John
#50 - DE

C. Young
#15 - WR

A. Horne
#3 - WR

J. Gannon
#65 - RT

K. Lichtenberg
#69 - RG

T. Farniok
#74 - C

E. Tuftee
#64 - LG

C. Bykowski
#71 - LT

E. Brun
#84 - TE

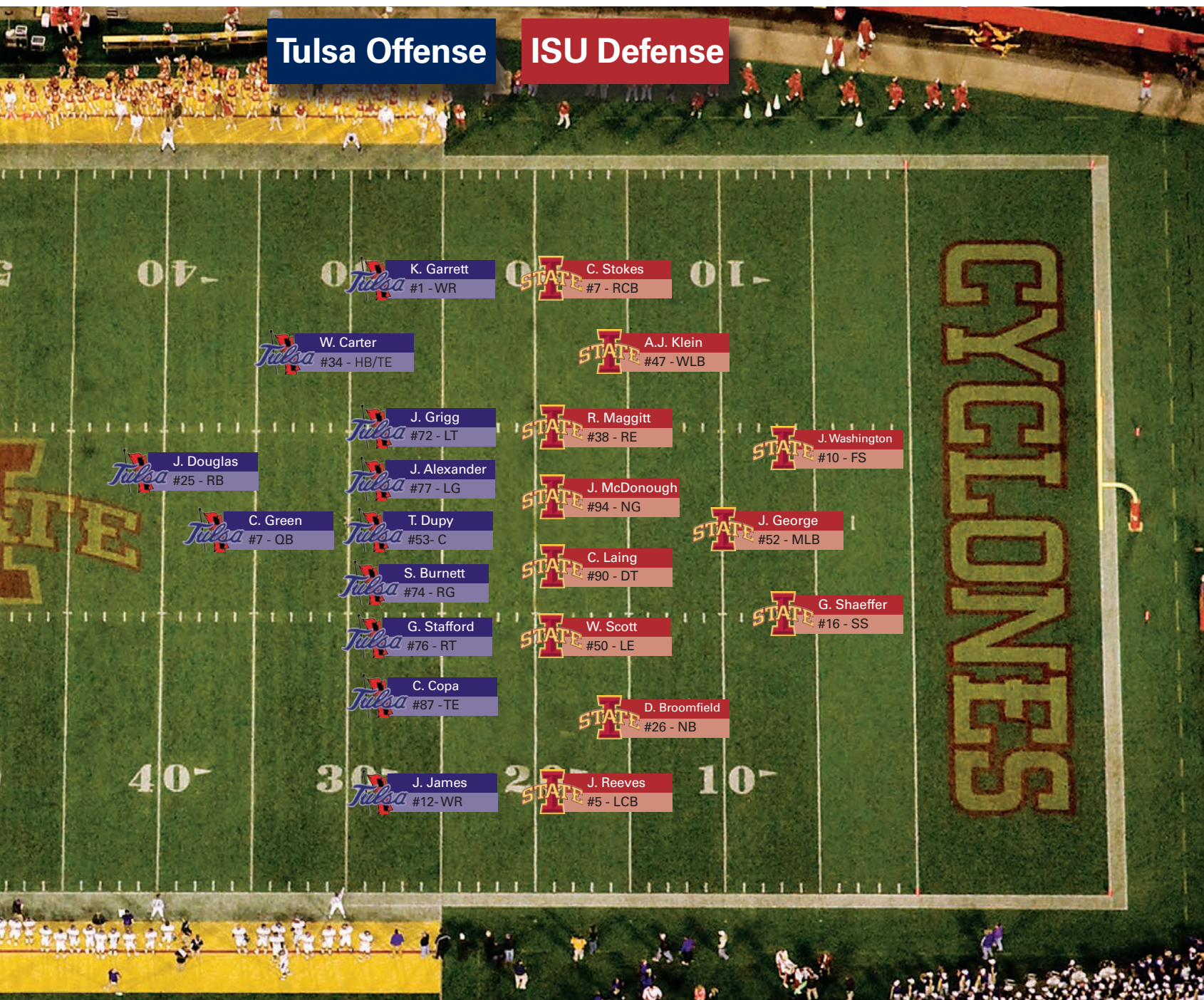
J. Lenz
#19 - WR

S.B. Richardson
#12 - QB

S. Johnson
#21 - RB

IOWA STATE BOWL HISTORY

| | | | | | |
|---------------------------|----------------------------|--------------------------|-------------------------|--------------------------|-----------------------|
| 1971 | 1972 | 1977 | 1978 | 2000 | 2001 |
| Sun Bowl | Liberty Bowl | Peach Bowl | Hall of Fame Bowl | Insight.com Bowl | Independence Bowl |
| L 33-17 vs. LSU | L 31-30 vs. Georgia Tech | L 24-14 vs. N.C. State | L 28-12 vs. Texas A&M | W 37-29 vs. Pittsburgh | L 14-13 vs. Alabama |
| 2002 | 2004 | 2005 | 2009 | 2011 | |
| Humanitarian Bowl | Independence Bowl | Houston Bowl | Insight Bowl | Pinstripe Bowl | |
| L 34-16 vs. Boise State | W 17-13 vs. Miami (OH) | L 27-24 vs. TCU | W 14-13 vs. Minnesota | L 27-13 vs. Rutgers | |



Tulsa Offense

ISU Defense

K. Garrett
#1 - WR

C. Stokes
#7 - RCB

W. Carter
#34 - HB/TE

A.J. Klein
#47 - WLB

J. Grigg
#72 - LT

R. Maggitt
#38 - RE

J. Washington
#10 - FS

J. Douglas
#25 - RB

J. Alexander
#77 - LG

J. McDonough
#94 - NG

C. Green
#7 - QB

T. Dupy
#53 - C

J. George
#52 - MLB

S. Burnett
#74 - RG

C. Laing
#90 - DT

G. Shaeffer
#16 - SS

G. Stafford
#76 - RT

W. Scott
#50 - LE

C. Copa
#87 - TE

D. Broomfield
#26 - NB

J. James
#12 - WR

J. Reeves
#5 - LCB

IOWA STATE



CHECK OUT THE BOWL EXCLUSIVE TABLET EDITION:

For additional information regarding the ISU football team's trip to the Liberty Bowl, check out the Daily's special bowl tablet edition.

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Android



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Highlights

Big wins, close losses define 2012 season

By Jake Calhoun
@iowastatedaily.com

Big wins and close losses were aplenty in the ISU football team's 2012 season.

The Cyclones (6-6, 3-6 Big 12) have met numerous milestones en route to their berth in the Liberty Bowl — their third in four years under coach Paul Rhoads. Record attendance and big plays littered the highly-anticipated 2012 campaign.

Unbeaten conference mark... Again

For the first time since 1999-2001, Iowa State went 3-0 in consecutive seasons after going undefeated in nonconference play.

The Cyclones began their season with a 38-23 win against Tulsa in a contest where everything seemed to click. Running back Shontrelle Johnson turned in one of the rare 100-yard rushing performances for Iowa State against the Golden Hurricane, tallying 120 yards on 18 carries (6.7 yards per carry) and one touchdown.

Johnson's performance came in his debut after sustaining a season-ending neck injury in October 2011 against Texas.

"I put on 10 pounds since last year," Johnson said after the game. "My numbers in the weight room increased dramatically, and I just feel like a more complete back, a stronger back."

Iowa State carried that momentum into its annual Cy-Hawk rivalry game against Iowa. Iowa State had not won consecutive games in the series since 2001-2002 during the years of Dan McCarney's tenure as coach.

Despite three offensive turnovers inside the red zone and a stagnant array of play-calling, the defense held its own in the 9-6 victory against the Hawkeyes that was sealed by the surreal tip-and-catch interception by linebacker Jake Knott.

"For something like that to happen, when you understand the rivalry and you've been here and seen it all, it's kind of a dream come true," Knott said of his game-winning interception.

ISU schedule

- **Sept. 1**
W 38-23 vs. Tulsa
- **Sept. 8**
W 9-6 at Iowa
(Iowa City, Iowa)
- **Sept. 15**
W 37-3 vs. Western Illinois
- **Sept. 29**
L 24-13 vs. Texas Tech
- **Oct. 6**
W 37-23 at TCU
(Fort Worth, Texas)
- **Oct. 13**
L 27-21 vs. Kansas State
- **Oct. 20**
L 31-10 at Oklahoma State
(Stillwater, Okla.)
- **Oct. 27**
W 35-21 vs. Baylor
(Homecoming)
- **Nov. 3**
L 35-20 vs. Oklahoma
- **Nov. 10**
L 33-7 at Texas
(Austin, Texas)
- **Nov. 17**
W 51-23 at Kansas
(Lawrence, Kan.)
- **Nov. 23**
L 31-24 vs. West Virginia

The ISU defense played a critical role in stifling the Hawkeyes' running attack, holding it to 68 yards — the lowest it has allowed in the series since 1999.

Following a 37-3 win against Western Illinois of the Football Championship Subdivision the following week, Iowa State headed into conference play with high hopes and high expectations.

Quarterback carousel, Part 2

The Big 12 Conference has often been lauded as the deepest conference in the nation for some time. Although having 90 percent of its teams become bowl-eligible can attest to this, the Big 12 still veiled itself as uncharted waters again with new additions TCU and West Virginia.

Iowa State began conference play



Runningback Shontrelle Johnson carries the ball and runs for a touchdown during the game Sept. 1 at Jack Trice Stadium. The Cyclones ended up having a record of 6-6 overall, 3-6 Big 12 at the completion of the 2012 season.

with a home contest against Texas Tech, which had boasted the nation's best offense and defense thus far. Even though Tech had a seemingly easy nonconference schedule leading up to that game, it held Iowa State to 189 total yards of offense en route to a 24-13 victory at Jack Trice Stadium.

Quarterback Steele Jantz's abysmal 73 yards passing led to his benching the next week in favor of former starter Jared Barnett. Last season, Jantz was benched after going 0-3 against the Big 12 as a starter in favor of then-redshirt freshman Barnett.

With the help of senior receiver Josh Lenz, Barnett helped spur the Cyclones' first-ever victory against then-No. 15 TCU in Fort Worth, Texas. In that game, Lenz had four total touchdowns — three receiving and one passing — to lead the Cyclones to their first 4-1 start since 2002.

However, beating a favored team on the road had become more of an expectation at that point.

"You have to give all the credit to coach Rhoads and Iowa State," said TCU coach Gary Patterson after the game. "They came into our house, beat us fair and square, and pushed us around. That is only our fourth loss in four years."

But after a heart-breaking loss

to Kansas State and a discombobulated offensive performance against Oklahoma State the following weeks, Jantz soon found himself in the starting role once again.

Homecoming 'razzle dazzle,' Knott says goodbye

Jantz had an easy task ahead of him against the nation's worst defense in Baylor. Until that point, Jantz was 0-6 against Big 12 opponents.

In a bizarre game that began with an onside kick, Jantz led the Cyclones to a 35-21 victory after turning in a 36-for-52 performance for 381 passing yards and five touchdowns — all career-highs.

That game, however, proved to be Knott's final game as a Cyclone. The senior linebacker had surgery on his shoulder the following Monday after playing through the pain of an 11-tackle performance in which he also forced his 10th career fumble with Baylor at the goal line, preparing to score in the first quarter.

"It was like he was a little boy at Christmas opening up presents [getting to play against Baylor]," said Laura Knott, Jake's mother, at his farewell news conference. "He was so happy. I knew it was going to be hard

File photo: Huiling Wu/Iowa State Daily

for him, but as a mom, to see him happy for just a short period of time, it was just a relief."

Playing without Knott — sixth all-time leading ISU tackler with 347 career tackles — would prove tough, but it was a task that had to be met.

Quarterback carousel, Part 2.5

Overwhelming losses to Oklahoma and Texas had the Cyclones gasping for air at 5-5, giving them two chances to attain that elusive sixth win.

Even though Jantz officially got the start, it was redshirt freshman Sam Richardson who stole the show in the Cyclones' 51-23 win against Kansas on Nov. 17.

Richardson, who had yet to throw a pass at the Division I level, went 23-for-27 for 250 passing yards and four touchdowns to torch the Jayhawks on their senior day.

"I was talking to him, and I was like, 'Look, you've got this. Just run the show,'" said center Tom Farniok after the game. "We're going to protect for you, and we're going to run the ball good. Just you do your thing, and it will work out good."

Richardson and Co. fell short in the regular season finale against West Virginia to lose three of their last four.

Liberty Bowl

Tulsa emerges as familiar opponent for Cyclones

By **Stephen Koenigsfeld**
@iowastatedaily.com

It will be the second time in a little more than three months that the Golden Hurricane will match up against the Cyclones.

However, Iowa State is a different team than what Tulsa saw in its opponent's home season opener, which they lost 38-23.

Conference champions

After starting off 0-1 against the Cyclones, the Golden Hurricane went on a 7-0 run before losing to nonconference opponent Arkansas and, later, conference rival SMU to finish with a 10-3 record en route to a Conference USA title.

During that seven-win streak Tulsa won by an average of 18 points with victories against Rice and the Mountain West champion Fresno State.

The Golden Hurricane also tallied the 11th-best running attack in the nation, averaging 240.2 rushing yards per game while leading Conference USA with 3,123 total rushing yards and 37 rushing touchdowns.

Trey Watts, Ja'Terian Douglas and Alex Singleton were all dynamic for the TU rushing attack, totalling 959, 857 and 765 rushing yards, respectively, on the season.

In what was a thrilling C-USA title game, the Golden Hurricane got their 10th win against Central Florida in overtime 33-27. The Golden Hurricane finished atop the C-USA with an almost spotless conference record of 7-1, despite the loss to SMU.

Back to Memphis

Tulsa will be returning to Memphis, Tenn., for the second time in school history, just as Iowa State will be. Tulsa made its Liberty Bowl debut in 2005 when it faced off against

Tulsa schedule

- Sept. 1
L 38-23 at Iowa State (Ames, Iowa)
- Sept. 8
W 45-10 vs. Tulane
- Sept. 15
W 66-16 vs. Nichols State
- Sept. 22
W 27-26 vs. Fresno State
- Sept. 29
W 49-42 at UAB (Birmingham, Ala.)
- Oct. 6
W 45-38 at Marshall (Huntington, W.Va.)
- Oct. 11
W 33-11 vs. UTEP
- Oct. 20
W 28-24 vs. Rice
- Nov. 3
L 19-15 at Arkansas (Fayette, Ark.)
- Nov. 10
W 41-7 at Houston (Houston)
- Nov. 17
W 23-21 vs. Central Florida
- Nov. 24
L 35-27 at SMU (Dallas)
- Dec. 1
W 33-27 (OT) vs. Central Florida (C-USA title game)

Fresno State, then part of the WAC.

The Golden Hurricane were the victors in that game, giving them their first bowl victory since 1991. They won 31-24 after quarterback Paul Smith ran it in from four yards out for what ended up being the game-winning touchdown.

Smith achieved the final statistics of 18-of-27 with 234 yards and one passing and one rushing touchdown each. Smith was also crowned the bowl's MVP afterwards.

Of the nation's best

Of the 124 rushing offenses



File photo: Huiling Wu/Iowa State Daily

Defensive end Willie Scott tries to block Tulsa players during the game on Sept. 1. The Cyclones defeated the Golden Hurricane 38-23. Iowa State is preparing to face Tulsa again on New Year's Eve, but has become a different team throughout the season.

there are out there in Division I football, Tulsa's ranks among the top 15 in the country.

At No. 11, the Golden Hurricane rush for an average of 240.2 yards per game. When running the football, Tulsa crossed the goal line 37 times.

While their rush offense is 11th in college football, the Golden Hurricane's total offense ranks 25th in the nation, while Iowa State ranks 88th.

A familiar opponent

Not only will this Tulsa team be facing a familiar, but not too similar ISU team for the second time in one season, quarterback Cody Green is fac-

ing a familiar foe as well.

For the 2009 and 2010 seasons, Green spent his time as the quarterback at Nebraska, which was part of the Big 12 at the time before its move to the Big Ten.

Green squared off against Iowa State as the NU quarterback in two different showings. Not playing in the 2009 matchup, Green was 7-of-12 with 79 yards and no touchdowns in the Cornhuskers' 31-30 overtime victory against the Cyclones in 2010.

The Cyclones failed on a two-point conversion in that game, and the Cornhuskers came out the victors, 31-30 in overtime.





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Entertaining Memphis

Found yourself in Tennessee early for the bowl game? Looking for things to do with fellow Cyclone travelers? Here are some suggestions for fun and entertaining attractions to occupy time in the Volunteer State.

By Cole Komma
Ames247 writer



Photo courtesy of Wikimedia Commons

The National Civil Rights Museum was named one of the top 10 attractions by USA Today and has been visited by more than 3 million visitors since opening in 1991.

The National Civil Rights Museum

Visit the historic Lorraine hotel, the site Martin Luther King Jr.'s assassination. According to the National Civil Rights Museum's website, it "exists to assist the public in understanding the lessons of the Civil Rights Movement and its impact and influence on human rights movements worldwide."



Photo courtesy of Wikimedia Commons

In 2008, the Memphis Zoo was ranked America's number one zoo by TripAdvisor.com. The Memphis Zoo is one of only four in the United States that exhibits giant pandas.

Memphis Zoo

Started in 1906 with only a \$1,200 from the Memphis Park Commission, the Memphis Zoo has grown into a 70-acre site-seeing smorgasbord. Now showing baby Red Pandas.



Photo courtesy of Wikimedia Commons

Considered by many where the blues were born, Beale Street has many clubs, shops and restaurants. Beale Street was originally named Beale Avenue until the late 1950s.

Beale Street

See the famous street where Elvis Presley obtained his love for music. Attend local music shows at its various restaurants and venues such as Blues City, King's Palace Cafe and the New Daisy Theatre.

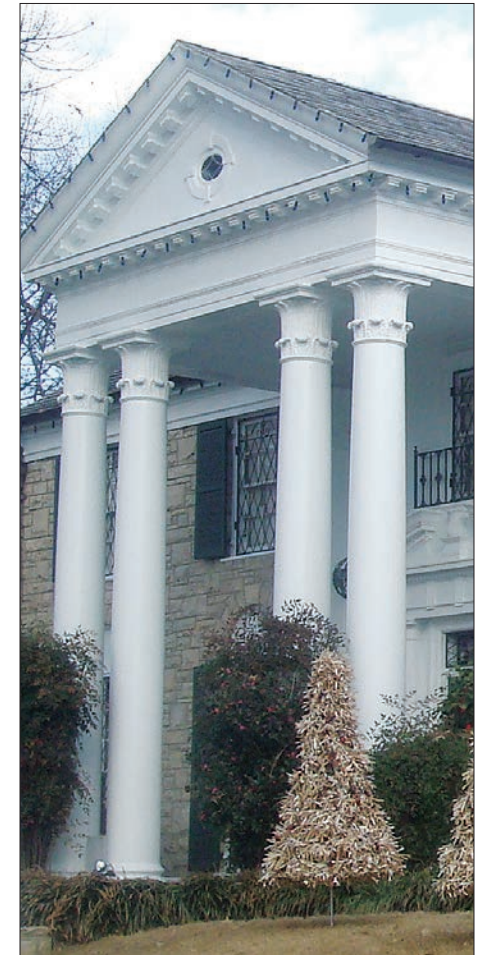


Photo courtesy of Wikimedia Commons

The final resting place for "the king." Elvis Presley's only daughter, Lisa Marie, has exclusive ownership of the Graceland Mansion, grounds and personal effects.

Graceland

The King of Rock and Roll's abode has been open to the public since 1982. And just down the street, feel free to stay at the Heartbreak Hotel. Be prepared to spend some money, because you have to pay to take in all that Graceland has to offer.

FASHION

A taste of the South *in style*

By Ian Laughead
ISD Style Writer

Are you ready for Memphis?

The Liberty Bowl isn't just any football game, and your standard tailgating wardrobe might not cut it in Elvis Presley's home state.

Naturally, the biggest game of the year is also the coldest, so get ready to pack on the layers and go all out in your red and gold.

This is the one game where your Cyclone style can get a little glam. Presley wasn't Memphis's most famous export for nothing, so take a note

from the king of rock 'n' roll and add a simple gold sequin headband from Target or even a statement clutch.

The Liberty Bowl is on New Year's Eve, and if nothing else, you can wear the sequins from the game to the bars — which Memphis is known for.

Whether it's a night on the town or just relaxing back at your hotel, the next morning before you hit the road, remember that no road trip is complete without a few souvenirs, and luckily for you, we've done the research for you.

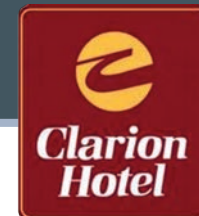
Shop like a local at boutique Oak Hall, where

you can pick yourself up a Heritage-style fleece pullover in cardinal or a tailgate-ready woolly tartan Johnston blanket. The store, on Poplar Avenue, has southern styles for both men and women.

Looking for something less pricey? Another boutique, Southern Couture, is just down the road. The boho haven is full of chic-but-offbeat pieces for the Southern belle in everyone.

And when you come back to Ames? Make sure to mention your loot is from the birthplace of rock 'n' roll.

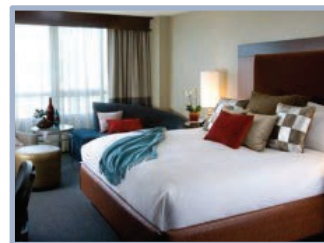
Graphic: Kelsey Kremer/Iowa State Daily



BY CHOICE HOTELS

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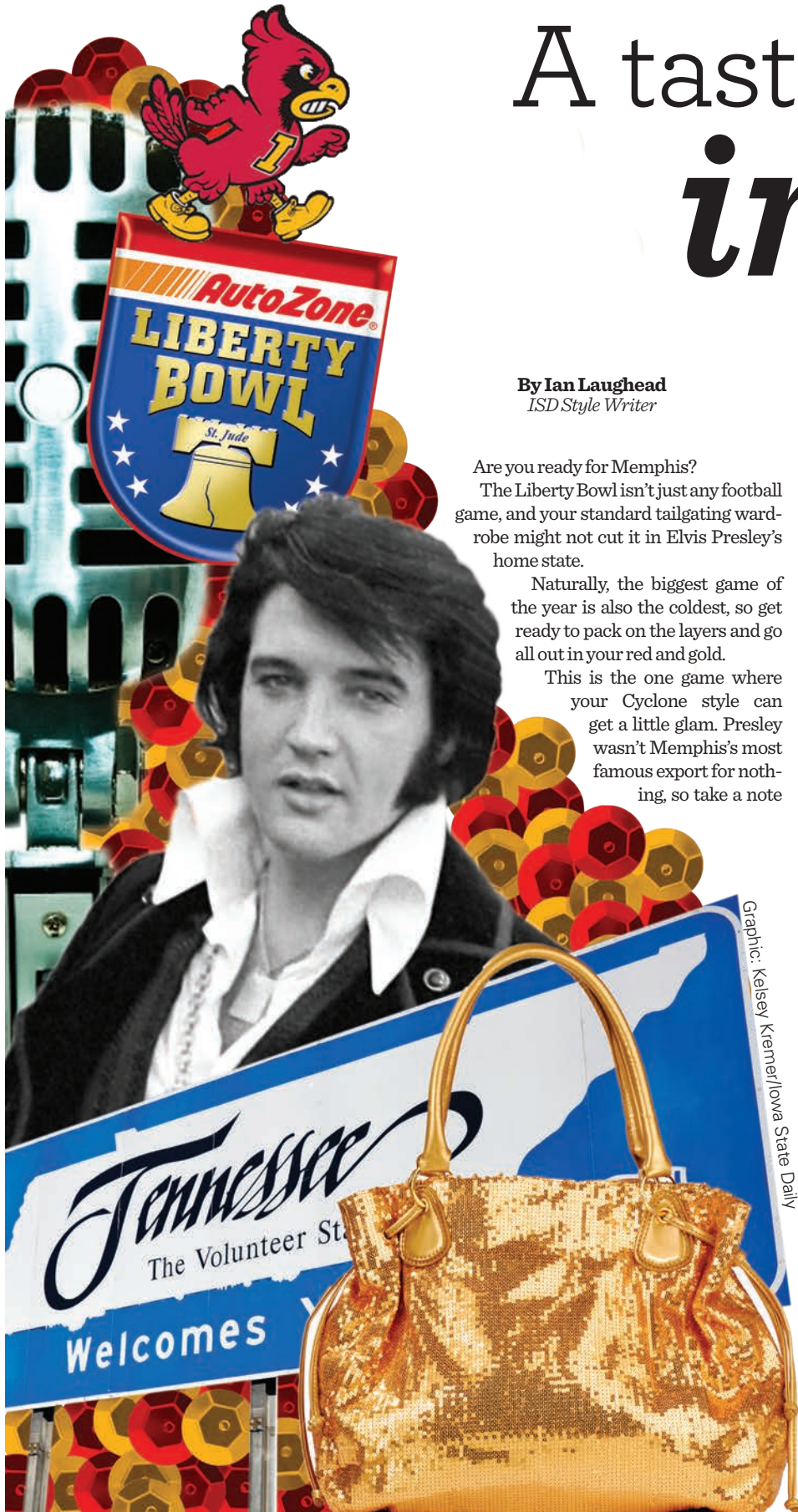


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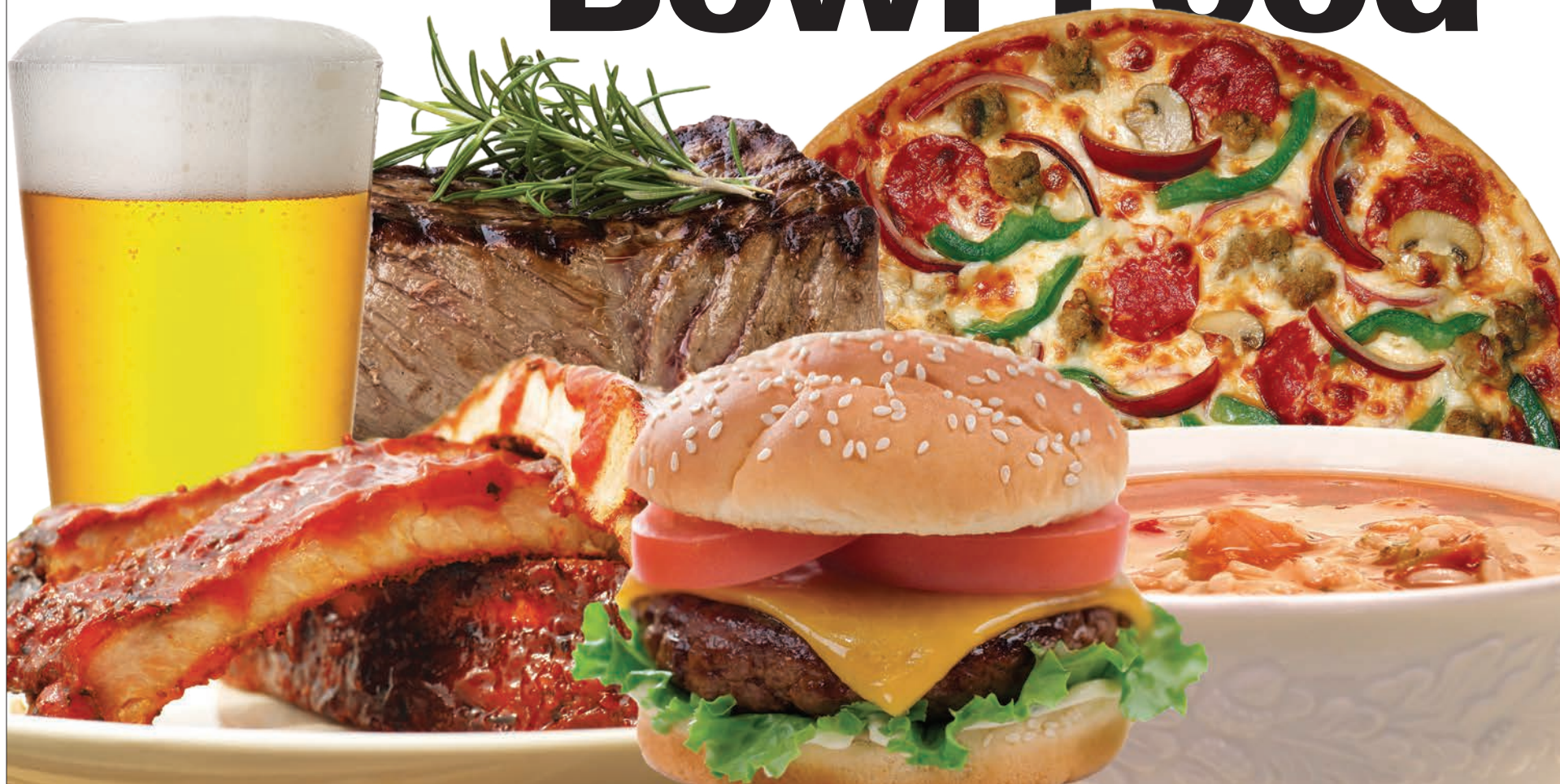


Clarion Hotel Graceland/Airport
1471 East Brooks Road
Memphis, TN 38116
(901) 332-3500



Dining

Best of Memphis: Bowl Food



Graphic: Kelsey Kremer/Iowa State Daily

When traveling to Memphis for the Liberty Bowl, treat yourself to food at the tried-and-true local restaurants. There are many options for a variety of tastes, such as, steak, ribs, pizza and gumbo.

By Steph Ferguson
AmesEats Flavors writer

If you find yourself heading south for the bowl game on New Year's, it's vital to experience all that Memphis has to offer.

Try to step away from the typical hotdogs, brats and beer and start 2013 off right. Indulge after the Liberty Bowl with some great food and delicious drinks at these local restaurants.

Blues City Cafe
38 Beale St.; 901-526-3637

Located on the world-famous Beale Street, this restaurant offers burgers, gumbo and oven-broiled steaks, served by the pound. Try the "Best Meal on Beale," which is a half-rack of barbeque ribs and catfish, served with sides. Best part? The kitchen is open until 3 a.m. for those late night cravings.

Boscors Squared
2120 Madison Ave.; 901-432-2222

Love beer? This is the place to be. Boscors Squared offers small-batch beer, which is crafted on site. Compliment your drink with a wood-fired pizza, seafood, or many other options on their menu. The average entrée price ranges from \$10 to \$19.

Majestic Grille
145 S. Main St.; 901-533-8555

If you're looking for something unique, the Majestic Grille is an old movie theatre renovated into an upscale restaurant. Try the pork ten-

derloin with Tabasco onions. Be sure to grab your dessert in a shot glass for only \$2 each. You might even catch an old black and white movie on the large projection screens while you're there!

Silky O'Sullivan's
183 Beale St.; 901-533-9596

Great drinks, barbeque and seafood. What more could you want? This casual restaurant offers live blues music and dueling pianos nightly. Grab "The Diver," a drink served in a gallon bucket.

B.B. King's Blues Club
143 Beale St.; 901-525-5464

Love blues music and southern-style food? This club opened in 1994 and is still a favorite among locals. Be sure to try their barbeque and the best fried dill pickles in the city. They also offer banana bread pudding for dessert.

If you need any more ideas, check out memphistravel.com

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